Training Guidelines: In order to achieve both the best and most tailored training results it is important to incorporate all the exercises contained in the training plans alternately into your personal training programme. In order to train problem areas more intensively, you can choose to perform individual exercises for longer periods. We recommend to train 3 times a week for 10 minutes each time with the FLEXI-BAR®. It is important that you perform the exercises for 30-60 seconds (depending on your personal fitness level). During the performance of all of the exercises the shoulders, stomach as well as the surface and back muscles are strengthened. In the following exercise images we will indicate the individual muscles which will be trained.

Important Note: The FLEXI-BAR® exercises are divided into easy and difficult exercises. This is best for progression and lifetime of your FLEXI-BAR®. Swinging in the red area will not improve your training results. Swinging in the red area will also overstrain your FLEXI-BAR®. As a result damage might occur and you will lose the warranty given by the manufacturer.

TRAINING WITH A DAMAGED FLEXI-BAR® CAN CAUSE INJURIES.

EXERCISE 15

EXERCISE 13

EXERCISE 5

EXERCISE 3

EXERCISE 1

"THE GOLDEN RULE": AS LONG AS THE FLEXI-BAR® and those suffering from high-blood pressure must consult their doctor before they begin training. Children under the age of 15 years may only train with the FLEXI-BAR® under the supervision of an adult.

The FLEXI-BAR® can be made swing in the direction of the extension of the lower arm with a slight movement of the hand. Subsequently the swinging of the FLEXI-BAR® is maintained with slight swaying. (similar to a propeller using a string). It is important to use the shoulder and the arm muscles in the same way. The more the shoulder can be maintained in the arm or the swinging direction, the more compact and correspondingly the intensity of the training. The swinging direction is dependent on the strength, stamina and coordination abilities of the user. And it is exactly while that the training with the FLEXI-BAR® areas to improve. Initial problems (starting the first 10 or so training exercises) can be absolutely normal.

Using the proper amplitude: Please make sure using the FLEXI-BAR® in the green area only. This is best for progression and lifetime of your FLEXI-BAR®. Swinging in the red area will not improve your training results. Swinging in the red area will also overstrain your FLEXI-BAR®. As a result damage might occur and you will lose the warranty given by the manufacturer.

Training with a damaged FLEXI-BAR® can cause injuries.

TRAINING PLAN 1
**Body Position:** Wide leg squat. The knees and toes point into the corners (45°). Lift your heels off the floor (on your tip-toes) and move your bottom a little deeper. Keep your back straight. Hold FLEXI-BAR® rotated outward (thumbs pointing upward). Elbows bent (ca. 90°). Hold the FLEXI-BAR® at roughly the height of your navel.

**Swinging Motion:** Backwards and forwards.

**EXERCISE 32**

**FLEXI-BAR® FATBURNER**

**FLEXI-BAR® BACK & BEAUTY**

**FLEXI-BAR® 3D GOLFPower**

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**FLEXI-BAR® TRAINING DVDs**

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