These days, an oscillating fitness bar is a must-have for all aerobics classes. Sport-Thieme can provide you with an oscillating bar that is suitable for beginners, advanced users and professionals. The Sport-Thieme fitness bar is ideal for developing stamina, coordination and strength and can also be used in rehabilitation.

- **Flexi-Bar®**
  The Flexi-Bar combines stamina training, coordination training and core stability for improved posture and movement. Frequently used by specialists as a therapy aid for back and joint problems. TÜV approved. Includes exercise poster and DVD.
  - Kids’ Flexi-Bar: 472 g, 118 cm, for children from 6-12 years old
  - Sport Flexi-Bar (standard): 508 g, 153.5 cm, for beginners and advanced users
  - Intensive Flexi-Bar: 516 g, 153.5 cm, for higher intensity
  - Athletic Flexi-Bar: 746 g, 152.5 cm, for professionals

- **Sport-Thieme® ‘Fitness Bar’**
  These days, an oscillating fitness bar is a must-have for all aerobics classes. Sport-Thieme can provide you with an oscillating bar that is suitable for beginners, advanced users and professionals. The Sport-Thieme fitness bar is ideal for developing stamina, coordination and strength and can also be used in rehabilitation.
  - L: 155.5 cm
  - 575 g
  - Incl. carrying bag

- **Flexi-Bar® Club Set**
  The set consists of:
  - 13x ‘Sport’ Flexi-Bars
  - 2x ‘Intensive’ Flexi-Bars
  - 3x training DVDs (wellness, toning & back)
  - Carry bag for 15 Flexi-Bars

- **Flexi-Bar® Stand**
  Holds up to 30 Flexi-Bars (suitable for all types of Flexi-Bars). Mobile, approx. 49x43x12 cm. Flexi-Bars® not included.

- **Flexi-Bar® Carrying Bag**
  A large carrying bag for all Flexi-Bar models in 2 designs. The bag provides optimal protection against damage and dirt.

For advice and to place an order: Phone: +49 5357 181 543  info@sport-thieme.com