

FLEXI-BAR®

TRAINING PLAN

The following exercises with the FLEXI-BAR® are divided into easy, and difficult. Especially the coordination (the evenly swing behaviour) often needs some practice, but can be learned! Observe the following technique tips for using the FLEXI-BAR®:

Holding the FLEXI-BAR

Grab the handle in the center, either with one or both hands (depending on the exercise). Wrists in neutral position. In order to protect the finger joints, place the grip in your hand. Avoid gripping it with your fingers. It is important to keep the grip loose.

Starting the swing

The FLEXI-BAR® is brought into vibration with a small movement of the hand (in the direction of the extension of the forearm). Then the FLEXI-BAR® should be kept swinging by short impulses (similar to rocking, where it is also important to set the impulse at the right moment). The more rigid the arm can be made as a swing transmitter, the greater the amplitude and accordingly more intensive the training. The duration of the swing depends on strength and endurance and coordination ability of the user. And this is exactly what training with the FLEXI-BAR® aims to improve. Initial difficulties (about the first 10 training sessions) are quite normal.

Application

In order to achieve an ideal and balanced training result, it is important to consider all the exercises from the training plans and to alternately incorporate them into your personal training program. In order to train problem zones more intensively, individual exercises can be performed for longer periods of time. We recommend three times per week, 10 minutes at a time with the FLEXI-BAR®. It is important that you do the exercise for about 30 seconds (depending on your personal fitness). For all exercises the shoulder, abdominal and upper and lower back muscles are strengthened in a balanced way. In the exercises shown below we indicate which muscles are trained in detail.

FOLLOW THE GOLDEN RULE: AS LONG AS THE FLEXI-BAR® SWINGS, YOU WILL DO EVERYTHING RIGHT. TRY TO KEEP YOUR SHOULDERS LOW.

Important note

Do not train with the FLEXI-BAR® if there are contraindications (inflammatory irritations in the shoulder and spine area) and during the last three months of pregnancy. Sick persons and persons at risk of high blood pressure must consult their doctor before exercising. Children under 15 years of age may only train under the supervision of an adult.

Permissible amplitude



Optimal is a swinging in the green range, both for proprioception and for the lifetime FLEXI-BAR®. Swinging in the red area does not lead to a better training success at all. The manufacturer's warranty also expires in the red area, as the GRP bar is overstressed and splintering on the bar can occur.

1

CHEST BASKET OPENER
Shoulder, upper back

Home position:

- Stand should be a bit wider than your shoulder width. Knees and toes point outwards.
- Grip the FLEXI-BAR® parallel to the body with one hand, loosely, opening the arm outwards. Thumb points forward.

Movement:

- Swing outward and inward, trying to move the arm further behind the body. (change sides)

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BACK STABILIZER
Back, middle, latissimus

Home position:

- Stand should be a bit wider than your shoulder width. Knees and toes point outwards.
- Guide the FLEXI-BAR® over your head with long arms. Keep your shoulders low. Thumbs point forward.
- Attention: Keep your shoulders low. Thumbs point forward.

Movement:

- Swing outwards and inwards, trying to move the arm even further behind the body. (change sides)

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SPINAL TRACTION
Back, shoulder

Home position:

- Slightly more than shoulder width standing. Knees and toes point outwards. Put the FLEXI-BAR® over your head and keep your arms long.
- Keep your shoulders low.

Movement:

- Swing high and low.

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WAIST FORMER
Transverse abdominal muscles, legs

Home position:

- Wide low position. FLEXI-BAR® in the right hand, left forearm supported on left thigh. Tilt upper body to the left side. FLEXI-BAR® points towards the sky.

Movement:

- Swinging high and low. (change sides)

5

TENSION RELEASE
Shoulder, Neck

Home position:

- Right leg lunge forward, left leg is back and heel is lifted off the ground. Left hand loosely grasps the FLEXI-BAR®, thumb points to thigh.

Movement:

- Swing up and down, parallel to the thigh. (change sides)

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SHOULDER - STABILIZER OUTSIDE *
Rotator cuff, shoulder

Home position:

- Right leg lunge forward, left leg is lifted from the ground at the back and heel. the left hand grasps the FLEXI-BAR®, thumb points upwards.

Movement:

- Swing outwards and inwards. (change sides)

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UPPER BACK + CHEST TIGHTENER
Broad back muscle, chest

Home position:

- Wide, deep stance. Knees and toes point outwards.
- Hold the FLEXI-BAR® with both hands, loosely in front of the body at chest height, grasp the handle from above. Chin slightly towards the larynx (long neck).

Movement:

- Swing back and forth.

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PELVIC FLOOR AMPLIFIER *
Transverse abdominal muscles, pelvic floor

Home position:

- A little more than shoulder width. Grip the FLEXI-BAR® with both hands vertically in front of the body and interlock fingers.

Movement:

- Swing the FLEXI-BAR® to the right and left. Requires great body tension.

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SHOULDER – STABILISATION OUTSIDE

Outer rotators, chest muscles

Home position:

- Shoulder width stand, FLEXI-BAR gripped externally rotated (thumbs point upwards). Pull shoulder blades deeply, bend elbows to 90 degrees.

Movement:

- Loosely start to move the wrist forward. Swing back and forth.

BUTTOCKS – TIGHTER

Buttocks, legs

Home position:

- Wide low. Knees and toes point forward. Bend upper body, keep back straight and slightly double chin, push heels into floor.

Movement:

- Swing toward the ground, swinging high and low.

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ARM – TIGHTER *

Buttocks, triceps

Home position:

- Shoulder width low stance. Body weight on the heels. Upper body tilted forward, back straight.

Movement:

- Swing FLEXI-BAR® loosely from the wrist. Start the forward motion. There is a forward and backward movement.

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SHOULDER BELT

Chest, shoulder girdle

Home position:

- Stand should be a bit wider than your shoulder width. Grasp the FLEXI-BAR® with both hands vertically in front of the body.

Movement:

- Swing towards the ground, swing high and low.

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DEEP MUSCLES STRONGER *

Multifidi (intermediate muscles)

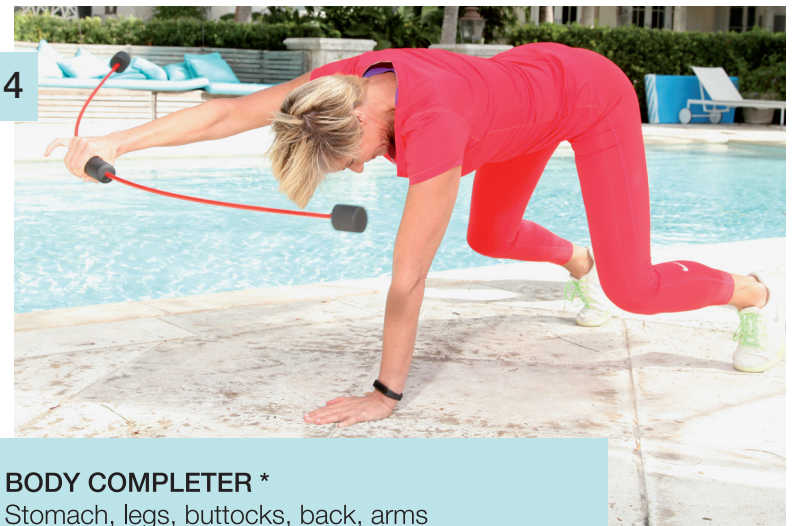
Home position:

- Wide and low. Knees and toes point outwards.
- The FLEXI-BAR® ambidextrous, grasp the body loosely from above, holding the arms in front of the body at chest height and extending them long. Keep shoulders low.

Movement:

- For once, do not swing towards the arms, but up and down.

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BODY COMPLETER *

Stomach, legs, buttocks, back, arms

Home position:

- Quadruped position - knees down or for the experienced, knees up and stand on your toes, see photo. Lift arm with the FLEXI-BAR® to head height and stretch it out
- Attention: Deep-draw shoulders

Movement:

- Swing in and out (changing sides)

Waist shaper

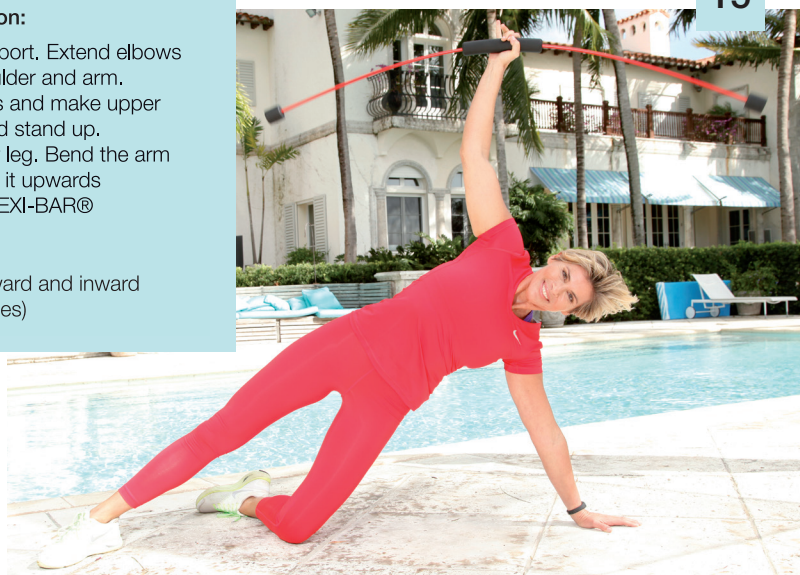
Arms, torso

Home position:

- Lateral support. Extend elbows below shoulder and arm. Raise pelvis and make upper leg long and stand up. Bend lower leg. Bend the arm and stretch it upwards with the FLEXI-BAR®

Movement:

- Swing outward and inward (change sides)



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WAIST SHAPER INTENSIVE *

Arms, trunk, legs

Home position:

- Lateral support. Extend elbows below shoulder and arm. Raise pelvis and make upper leg long and stand up. Stand both legs parallel. Extend the arm with the FLEXI-BAR® upwards.

Movement:

- Swing high and low. (change sides)

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HIP STABILIZER

Hip, waist

Home position:

- Lateral support. Elbows under the shoulder, lower leg straight out. Extend upper leg parallel and lift both legs slightly. Hold tension. Grasp the FLEXI-BAR® with stretched arm.

Movement:

- Swinging back and forth. (change sides)

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HIP MOBILISER *

Hip, shoulder, waist

Home position:

- Bend one leg forward and one leg backward in 90 degrees (changing sides).
- Bend your arms slightly in front of your chest and grasp the FLEXI-BAR® in front (thumbs up).

Movement:

- Swing back and forth.

BOAT *

Core muscles

Home position:

- Easy: Bend legs and stand up, heels firmly on floor. Hard: Lift extended legs parallel to the floor. Lean back upper body upright and contract abdominal muscles.
- Bend your arms slightly in front of your chest and grasp the FLEXI-BAR® in front.

Movement:

- Swing straight back and forth.



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ABS INTENSIVE *

Oblique, transverse, straight abdominal muscles.

Home position:

- Easy: Angle your legs and stand up, heels firmly on the ground. Hard: Raise legs slightly off floor, lean upper body back upright and tense stomach firmly.
- Bend arms slightly in front of chest and grasp FLEXI-BAR® in front.

Movement:

- Swing sideways back and forth. (change sides)



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