

FLEXI-BAR®

TRAINING PLAN 3

WELCOME TO FLEXI-BAR TRAINING

These training plans have been specifically designed for a whole body workout. You can perform the 9 exercises as a sequence, or you can target a specific area by choosing 3 exercises, 2-3 sets (1 min each). Training plan 1 is for beginners. Training plan 2 is for more advanced FLEXI-BAR users.

Holding the FLEXI-BAR: Always hold the FLEXI-BAR in the centre of the rubber grip, whether you use one or two hands. Most importantly, keep your grip relaxed at all times, with your wrists in a neutral position. Try not to squeeze the grip, otherwise your arms will fatigue quickly.

Swinging the FLEXI-BAR: Stand tall with your shoulders back and down, stabilize your core by contracting your abdominal and lower pelvic regions. Breathe normally. Always begin with a small swinging motion; however, initially you will need to PUSH the bar to get it started. Close your eyes and allow the vibrations of the Bar to be felt in your core.

NOTE: Try to keep your elbows in line with the Bar at all times – this will disengage the use of the wrists and forearms. At the beginning, the FLEXI-BAR may not swing. This is an indication of coordination, not relative fitness. Coordination is learned very easily, over a short period of time.

Training Guidelines: For Maximum results, use the Bar 3 times per week, 10–15 minutes each session. Perform the exercises you are comfortable with, up to 60 seconds for each exercise. Take regular breaks in between each exercise. It is not necessary to perform all 9 exercises every time you train with the FLEXI-BAR, although doing so will provide you with an overall body workout. Always begin with an adequate warm-up, including exercises to slowly elevate heart rate and encourage blood flow to the muscles of the upper and lower torso.



Contraindications:

FLEXI-BAR is not recommended for: 1. 3 trimester pregnancy, 2. Acute Injuries. Don't Swing the FLEXI-BAR too hard as this will cause cracks to appear in the shaft, disrupting the swinging action. The FLEXI-BAR team recommends seeing your physician before starting any exercise programme. For more information on technique and contra-indications, go to www.flexi-bar.co.uk.

Exercise 1: Shoulder Rotators, Chest and Biceps



Body Position: Legs shoulder width apart, bodyweight through heels, hold pelvic region firm. Hold the FLEXI-BAR in the centre of the grip with the palms facing up, and the elbows held in to the sides of the body at 90 degrees. Keep your shoulders pulled down.
Swinging Motion: Forward & Backward.

Exercise 2: Back Extensors and Glutes



Body Position: Deeper shoulder width stance (squat), body weight through heels, contract abdominals and lean slightly forward, keep back straight. Grip the FLEXI-BAR as in Exercise 1, with the arms extended away from the body.
Swinging Motion: Forward & Backward.

Exercise 3: Upper Thigh and Core Muscles



Body Position: Wide leg deep squat, body weight through heels, contract abdominals, keep the chest up. Grip the FLEXI-BAR as in Exercise 1.
Swinging Motion: Forward & Backward.

Exercise 4: Stress Reliever – Shoulders



Body Position: Stand in lunge position (right leg forward, knees over toes, back leg straight), upper body upright. Hold the FLEXI-BAR in one hand in the centre of the grip, directly under the shoulder, with the palm facing the leg.
Swinging Motion: Down & Up. (NB: the shoulder will drop down during this exercise, stretching the top of the shoulder)

Exercise 5: Obliques (waist)



Body Position: Legs shoulder width apart, bodyweight through heels, hold pelvic region firm. Reach the right arm up and over the head towards the left side. Hold the FLEXI-BAR in the left hand in a downward position next to the left leg with the palm facing in towards the leg.
Swinging Motion: Down & Up. Repeat on the other side. (NB: keep the left shoulder held down, away from the ear)

Exercise 6: Deep Back Extensors



Body Position: Wide leg squat, body weight through heels, contract abdominals, keep the chest up. Grip the FLEXI-BAR with a cradle grip (finger tips interlaced) and take the FLEXI-BAR above the crown of the head (if possible). Keep the shoulders down.
Swinging Motion: Up & Down.

Exercise 7: Multifidus (deep vertebral stabilizing muscles)



Body Position: Wide leg deep squat, body weight through heels, contract abdominals, keep the chest up. Hold the FLEXI-BAR forward, in direct line of upper body, elbows slightly bent, loose grip, and shoulders pulled down.
Swinging Motion: Up & Down. (NB: NOT in line with the arms!)

Exercise 8: Rotator Cuff Muscles (shoulder)



Body Position: Stand in lunge position (right leg forward, knees over toes, back leg straight), upper body upright. Hold the FLEXI-BAR out to the side at shoulder level, with the palm facing upwards.
Swinging Motion: Out & In. Repeat other side. (NB: don't forget to change legs as well as arms)

Exercise 9: Triceps



Body Position: Stand in lunge position (right leg forward, knees over toes, back leg straight), upper body upright. Hold the FLEXI-BAR with a double hand grip above the head, with the elbows bent at 90 degrees. Keep the elbows as close to the head as possible.
Swinging Motion: Up & Down.