

FLEXI-BAR TRAINING PLAN 1

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. 3rd 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

Chest & Shoulder girdle



Body Position: Legs shoulder width apart, bodyweight through heels, hold pelvic region firm. Hold the FLEXI-BAR directly in front of body, grip with both hands, in centre of grip.
Swinging Motion: Forward and backward.

EXERCISE 2

Shoulders & Upper back



Body Position: Legs shoulder width apart, bodyweight through heels. Hold arm out to side, elbow bent, FLEXI-BAR parallel to body, palm facing front & bar slightly behind level of legs. Hold Grip in the centre, with the one hand, loose grip.
Swinging Motion: Right and left, Repeat on other side.

EXERCISE 3

Shoulders & Hip girdle (thighs, butt)



Body Position: Body Position: see Ex. 2 hold leg to side of body, bodyweight supported through the right leg. Hold abdominals firm.
Swinging Motion: Right and left (when standing on Right leg), repeat on other side.

EXERCISE 4

Chest and Back



Body Position: Feet shoulder width apart, hold FLEXI-BAR at chest height with both hands, elbows wide, thumbs facing the floor, loose grip. Hold Abdominals firm.
Swinging Motion: Forward & Backward.

EXERCISE 5

Lower Back, Bottom



Body Position: Deeper shoulder width stance (squat), body weight through heels, contract abdominals and lean slightly forward, keep back straight. Hold the FLEXI-BAR forward, in direct line of upper body, elbows slightly bent, loose grip.
Swinging Motion: Forward & Backward.

EXERCISE 6

Lower back & Chest



Body Position: Wide leg deep squat, body weight through heels, contract abdominals and lean forward. Hold the FLEXI-BAR with both hands, in the centre of grip, bar parallel to floor.
Swinging Motion: Up and down.

EXERCISE 7

Middle & Upper Back



Body Position: Legs wider than shoulder width, weight through heels, knees slightly bent, pull shoulders back and down, abdominals firm. Hold the FLEXI-BAR with both hands, centre of grip, above and slightly in front of head.
Swinging Motion: Up and down.

EXERCISE 8

Abdominals



Body Position: Perform a super slow crunch, rolling upper body off floor and whilst in the air perform the swing, hold for 15 seconds, stop swinging, then return slowly to floor. Always keep lower back ON the floor, upper back OFF the floor. FLEXI-BAR should be at chest height, elbows wide. FLEXI-BAR parallel to thighs.
Swinging Motion: Forward & backward.

EXERCISE 9

Abdominals, obliques



Body Position: See Ex.8, when you are swinging, turn upper-body slowly to one side and return to centre, relax, and repeat on other side.
Swinging Motion: Forward & backward.