

FLEXI-BAR TRAINING PLAN 2

EXERCISE 1

Core Muscles (abs, obliques, deep muscles of back)



Body Position: Feet wide, bodyweight through heels. Hold FLEXI-BAR directly in front of body, grip with both hands, in centre of grip.
Swinging Motion: Left and right.

EXERCISE 2

Abdominals (rectus abdominus, obliques)



Body Position: Feet shoulder width apart, hips facing front, elbows wide, bent and shoulder height. Hold the FLEXI-BAR in front of you with both hands, parallel to body, turn torso to side - hips centre
Swinging Motion: Forward and Back, repeat other side.

EXERCISE 3

Upper back (latissimus) legs (upper thigh)



Body Position: Stand in lunge position (right leg forward, knees over toes, back leg straight), upper body in line with back leg. Hold the FLEXI-BAR with one hand, in front of and parallel to body, elbow narrow.
Swinging Motion: Forward and backward, repeat other side.

EXERCISE 4

Abdominals, Gluteals, thighs



Body Position: See Ex 3. Lean upper body slightly forward, abdominals firm, hold 1 leg straight behind and squeeze gluteals (bottom), keep back straight. Hold the FLEXI-BAR in front of body, parallel to floor, palm facing floor.
Swinging Motion: Forward and backward.

EXERCISE 5

Upper Back (latissimus), abs



Body Position: Hands and knees, hips over knees, shoulders over wrists, hold abdominals firm. Hold the Flexi-Bar with one arm forward, slightly lower than head level, FLEXI-BAR parallel to floor, palm facing floor.
Swinging Motion: Forward and backward, repeat other side.

EXERCISE 6

Abdominals, Legs, Shoulder



Body Position: Lie on side, support body weight on bent elbow and bottom leg, bottom leg bent and slightly forward, top leg straight and hold up, hold abdominal and pelvic regions firm. Hold the FLEXI-BAR with top arm, FLEXI-BAR parallel to top leg, elbow slightly bent and under line of shoulder, palm facing down.
Swinging Motion: Forward and backward towards feet.

EXERCISE 7

Abdominals (obliques), legs (upper thighs, hips, butt)



Body Position: See Ex. 6 Extend bottom leg. Hold the FLEXI-BAR with top arm, elbow bent, bar held directly over top of body, bar parallel to body & floor, palm facing front.
Swinging Motion: Up and down repeat on other side.

EXERCISE 8

Abdominals, Bottom (glutes)



Body Position: Lay on back, knees bent, squeeze through gluts and lift hips off floor - keep upper back on floor, lower back straight, extend 1 leg, keeping both legs parallel. Hold FLEXI-BAR with both hands, over the abdominal area, parallel to upper thighs.
Swinging Motion: Up and down, in direction of straight leg (diagonal), repeat with other leg.

EXERCISE 9

Abdominals



Body Position: Lay on back, knees bent, chin down, hold lower back firm to floor - relaxed and long, head relaxed. Hold the FLEXI-BAR over abdominal area, hold in centre of grip with both hands, loose grip.
Swinging Motion: Diagonally, forward and backward, swing bar in same direction as leg position.

FLEXI-BAR WORKSHOPS FOR BEGINNERS & EXPERIENCED USERS

With our E-Price Workshops, learning about FLEXI-BAR has never been easier. Our professional trainers will take you through everything you need to know about the FLEXI-BAR including technique, anatomy, and training plans to suit every need.

E-Price workshops can only be booked through our website www.flexi-bar.co.uk

BEGINNERS WORKSHOP

 From £ 25.00

Learn all you need to know about training with the FLEXI-BAR. This is a fun workshop that involves little theory and maximum practical use. Suitable for beginners who'd like to get more out of their FLEXI-BAR workouts.

ADVANCED TRAINING WORKSHOP

 From £ 49.00

Become a certified FLEXI-BAR Trainer. This workshop is recommended for Fitness Trainers who would like to train their clients with the FLEXI-BAR.



FLEXI-BAR MUSIC

Winner of the SPORTSOUND-AWARD 2003 is our CD, FLEXI & STEP BEATS. Shake your Flexi-Bar to our Tribal beats and feel the rhythm!



FLEXI-BAR TRAINING VIDEOS

Learn all about the FLEXI-BAR with our comprehensive FLEXI-BAR Training Video Series. Our Training Videos teach you everything you need to know about using the FLEXI-BAR, training with the FLEXI-BAR and strengthening your abs & core with the FLEXI-BAR.

For dates, locations & information for Flexi-Bar E-Workshops visit our website www.flexi-bar.co.uk

Visit our FLEXI-BAR Shop: www.flexi-bar.co.uk where you can purchase Videos, music and more.