

FLEXI-BAR®

TRAINING PLAN 1

These training plans have been specifically designed for a whole body workout. The FLEXI-BAR® exercises are divided into easy ☺ and difficult ☹.

Please keep the following FLEXI-BAR® Tips in mind:

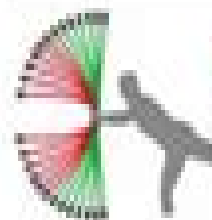
Holding the FLEXI-BAR®: Always hold the FLEXI-BAR® in the centre of the rubber grip, whether you use one or two hands. Most importantly, keep your grip relaxed at all times, with your wrists in a neutral position. Try not to squeeze the grip, otherwise your arms will fatigue quickly.

Swinging the FLEXI-BAR®: The FLEXI-BAR® can be made swing (in the direction of the extension of the lower arm) with a slight movement of the hand. Subsequently, the swinging of the FLEXI-BAR® is maintained with short impulses (similar to a playground swing it is important to set the impulse at the right moment). The more the rigidity that can be maintained in the arm as the swing carries on, the greater is the amplitude and correspondingly the intensity of the training. The swing duration is dependent on the strength, stamina and coordination capabilities of the user. And it is exactly that which the training with the FLEXI-BAR® aims to improve. Initial problems (during the first 10 or so training sessions) are absolutely normal.

Training Guidelines: In order to achieve both the best and most balanced training results it is important to incorporate all the exercises contained in the training plans alternately into your own personal training programme. In order to train problem areas more intensively, you can choose to perform individual exercises for longer periods. We recommend to train 3 times a week for 10 minutes each time with the FLEXI-BAR®. It is important that you perform the exercise for 30-60 seconds (depending on your personal fitness level). During the performance of all of the exercises the shoulders, stomach as well as the surface and core back muscles are strengthened. In the following exercise images we will indicate the individual muscles which will be trained.

Important Note: Do not train using the FLEXI-BAR® when contraindications (inflamed and irritated skin around the shoulder and spine) are present, as well as in the final trimester of pregnancy. People in ill-health and those suffering from high blood pressure must consult their doctor before they begin training. Children under the age of 15 years may only train with the FLEXI-BAR® under the supervision of an adult.

"THE GOLDEN RULE": AS LONG AS THE FLEXI-BAR® IS SWINGING, EVERYTHING IS OK. TRY TO KEEP YOUR SHOULDERS DOWN.



Using the proper amplitude: Please make sure using the FLEXI-BAR® in the green area only. This is best for proprioception and lifetime of your FLEXI-BAR®. Swinging in the red area will not improve your training results. Swinging in the red area will also overstrain your FLEXI-BAR®. As a result damage might occur and you will lose the warranty given by the manufacturer. **TRAINING WITH A DAMAGED FLEXI-BAR® CAN CAUSE INJURIES.**

Flexi Bar Instruction Manual

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

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Table of Contents Flexi Bar Instruction Manual

1. Understanding the eBook Flexi Bar Instruction Manual
 - The Rise of Digital Reading Flexi Bar Instruction Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Flexi Bar Instruction Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Flexi Bar Instruction Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Flexi Bar Instruction Manual
 - Personalized Recommendations
 - Flexi Bar Instruction Manual User Reviews and Ratings
 - Flexi Bar Instruction Manual and Bestseller Lists
5. Accessing Flexi Bar Instruction Manual Free and Paid eBooks
 - Flexi Bar Instruction Manual Public Domain eBooks
 - Flexi Bar Instruction Manual eBook Subscription Services
 - Flexi Bar Instruction Manual Budget-Friendly Options

6. Navigating Flexi Bar Instruction Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Flexi Bar Instruction Manual Compatibility with Devices
 - Flexi Bar Instruction Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Flexi Bar Instruction Manual
 - Highlighting and Note-Taking Flexi Bar Instruction Manual
 - Interactive Elements Flexi Bar Instruction Manual
8. Staying Engaged with Flexi Bar Instruction Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Flexi Bar Instruction Manual
9. Balancing eBooks and Physical Books Flexi Bar Instruction Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Flexi Bar Instruction Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Flexi Bar Instruction Manual
 - Setting Reading Goals Flexi Bar Instruction Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Flexi Bar Instruction Manual
 - Fact-Checking eBook Content of Flexi Bar Instruction Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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