

# FLEXI-BAR®

## TRAINING PLAN 4

**Exercise 10: Abductors and Hips**



**Body Position:** Stand with legs shoulder width apart, knees slightly bent, with your body weight over the right leg. Grip the FLEXI-BAR with your palms facing upwards, at chest level. If comfortable, lift the left foot off the ground while shaking the FLEXI-BAR.

**Swinging Motion:** Forwards & Backwards. After completion, change to the left leg.

**Exercise 11: Balance**



**Body Position:** Wide leg deep squat, body weight through heels, contract abdominals, keep the chest up. Lift first the right heel, followed by the left heel, up as high as possible. Keep your back straight. Hold the FLEXI-BAR in a bicep curl position (palms facing up, FLEXI-BAR at belly button height).

**Swinging Motion:** Forwards & Backwards.

**Exercise 12: Side Stretch**



**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. Lean the upper body over to one side (as shown above).

**Swinging Motion:** Up & Down at a diagonal up to 45 degrees. Repeat with lean to other side.

**Exercise 13: Abs/Obliques**



**Body Position:** Wide leg squat, body weight through heels, contract abdominals, keep the chest up. Grip the FLEXI-BAR with a single hand grip and take the FLEXI-BAR above the head. Keep the shoulders down. Support your weight with the other elbow on the thigh.

**Swinging Motion:** Up & Down. Repeat other side.

**Exercise 14: Triceps 2**



**Body Position:** Right leg to the front, left leg in a large step backwards. Keep the right knee behind the right ankle. Hold the FLEXI-BAR behind the body in a double hand grip (palms facing outwards). Keep the back straight and lean forward (in line with the back leg).

**Swinging Motion:** Swing in line with the back leg. Repeat on other side.

**Exercise 15: Hips & Waist**



**Body Position:** Stand with your body weight over the left leg and lift your right leg out to the side. Hold the FLEXI-BAR in the right hand, down by the lifted right leg, with the palm facing your thigh. Hold your upper body upright, and lift your left arm up as high as possible.

**Swinging Motion:** Down & Up in line with the leg. Repeat on both sides.

**Exercise 16: Adductor (inner thigh)**



**Body Position:** Lie on your left side, with the left elbow positioned directly under the left shoulder for support. Keeping the right leg extended straight from the hips, bend the left leg over the right thigh, placing the foot on the floor, just above the right knee. Hold the FLEXI-BAR in your left hand, with the palm facing down.

**Swinging Motion:** Parallel to the Floor (towards your right foot). Repeat both sides.

**Exercise 17: Ab Roller**



**Body Position:** Lie on your back, with the left leg extended, and the right leg bent. Lift and hold the shoulders and extended leg off the floor. Hold the FLEXI-BAR with both hands behind the lifted, bent knee.

**Swinging Motion:** Out & In, parallel to the extended leg. Repeat both sides.

**Exercise 18: Intense Abs (advanced)**



**Body Position:** Lying on your back with your feet on the ground and knees bent, hold the FLEXI-BAR in both hands above the head. Lift the shoulders slightly off the floor. Lift the feet up towards the ceiling with a slight bend in the knees. Slowly lower the legs to a point that is achievable for you without letting the lower back arch off the floor.

**Swinging Motion:** Shake the FLEXI-BAR in line with the arms.

### Download a FLEXI-BAR Workout

Looking to improve your FLEXI-BAR workouts? Now you can download an 8 to 10 minute workout directly from our website at [www.flexi-bar.co.uk](http://www.flexi-bar.co.uk)

Go to our downloads page, and simply download the type of workout you want to do. You can choose from a variety of workouts including lower body workouts, upper body workouts, pilates based workouts, injury specific workouts and even chair based workouts.

### Become a Certified FLEXI-BAR trainer

Now you can become a FLEXI-BAR trainer at one of our scheduled training days held at venues across the UK. These intensive training days cover everything you need to become a successful FLEXI-BAR trainer, including history of Vibration Training, Anatomy, and Programming. Successful completion earns each participant 10 REPS points.

### Online Certification

You can also complete your training online!

For those who can't make it to one of training days, FLEXI-BAR now offers its complete training online. Take the course in your own time, and still receive 10 CPD points upon successful completion.