

FLEXI-BAR® GOLF-FITNESS 1

Edited by Foxit PDF Editor

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The FLEXI-BAR[®] especially for golfers - for a better and healthier handicap



Advantages of FLEXI-BAR[®] training:

- Prevention of injury ●
- Improved co-ordination ●
- Increased joint suppleness ●
- Ideal warm-up training ●
- Endurance training ●
- Deep-muscle exercising ●

The training programme with the FLEXI-BAR[®] increases physical flexibility, endurance, coordination and balance; it enhances the sense of movement and swing as well as correcting muscular imbalances.

Technique and muscle training: End of swing "Finish"



For a better and healthier handicap.

Obstacles to improving handicaps need not necessarily be a reflection of technical short-comings. They may stem from a lack of the golfer's general level of fitness and that of his or her "golf muscles".

The training programme with the FLEXI-BAR® increases physical flexibility, endurance, coordination and balance; it enhances the sense of movement and swing as well as correcting muscular imbalances.

In order to avoid the danger of injury (back, shoulder, hips, knees, etc), warm-up exercises are crucial. You can carry these out in just five minutes by effectively employing the FLEXI-BAR® before starting out on your game of golf.

Advantages of FLEXI-BAR® training:

1. Prevention of injury

Effective in relieving discomfort of the back, shoulders and arms; allows for a pain-free game of golf and consequently a better handicap

2. Improved co-ordination

Better interplay between individual muscles leads to optimised speed of the club head

3. Increased joint suppleness

Allows for better movement in the torso

4. Ideal warm-up training

Prevents injuries

5. Endurance training

"Golf muscles" are strengthened; a constant, beautiful swing is achieved

Barbara Klein (sports physiotherapist and author of several publications on back problems) and Claudia Pöhlmann (golf physio-trainer and sports therapist) have devised a workout which combines their knowledge about golf training and injury prevention. The specific exercises are not only designed to improve technique and performance, but generally address problems of posture and movement. At last, the absolutely unique FLEXI-BAR®, popular for many years, has been specifically adapted to the game of golf – taking into account scientific knowledge of sports training and physiotherapy.

Barbara Klein



Claudia Pöhlmann



Important points to note for all

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Starting off the swinging: The FLEXI-BAR® is brought into a swinging rhythm with a small movement of the hand (in the direction of the extended lower arm). Thereafter, the FLEXI-BAR® should be kept swinging with short thrusts (similar to rocking motion which also requires you to keep up momentum). The more rigidly the arm is held when transmitting swings, the larger their amplitude and consequently the more intensive the exercises. The duration of the swing depends on the user's strength, stamina and ability to synchronize. This is precisely what exercising with the FLEXI-BAR® can enhance. Minor initial difficulties (for the first ten training units approximately) are very common.

Application: In order to achieve excellent and balanced trainings result, it is important to carry out all the exercises which are listed within the chosen training programme on the back page. Needless to say, you can combine the training programmes with additional FLEXI-BAR® GOLF-FITNESS exercises. These can be either carried out at home or on the golf course. We recommend exercising three times a week, for ten minutes at a time. It is important to spend at least 60 seconds on each exercise.

Each training programme includes exercises

- for strengthening and stretching the golf muscles
- for flexibility enhancement
- for mobilisation of the torso

Training programmes 6 and 7 include additional golf-specific strengthening exercises .

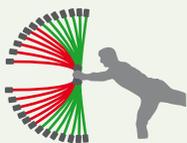
For each of the exercises outlined below, we indicate which muscles in particular are addressed. The level of difficulty is clearly indicated for each training programme and the individual exercises. For beginners we strongly recommend starting with the easy training programme and exercises. Should you experience any discomfort while carrying out an exercise, do not continue with it and consult your physician.

Levels of difficulty of individual exercises:

- easy
- medium
- medium
- hard

Remember the golden rule: as long as the FLEXI-BAR is swinging, everything is all right.

Important advice: Do not exercise with the FLEXI-BAR® if there are contra-indications (inflammations in the shoulder or spinal area), or you are in the last three months of pregnancy. Those suffering from illness or high blood pressure should consult a medical practitioner before embarking on the programme. Children under 15 should only train under the supervision of an adult.



Permissible amplitude: Swinging within the green range is optimal, for proprioception as well as the lifespan of the FLEXI-BAR®. Swinging within the area marked in red certainly yields no improved results. In this range, the manufacturer's guarantee is invalid, as the rod becomes over-loaded and splintering can occur.

Training with a defective rod can lead to injuries.

If you have further questions or require assistance, our service team will be pleased to help.

E-Mail: info@flexi-sports.co.uk