How DYNAMIC INERTIAL RESISTANCE Exercises using the BODY BAR FLEX® help Balance, Strength & Coordination

The Body Bar FLEX® is unique as a fitness device, in that it enables the user to perform exercise movements in ways that are not possible with traditional exercise equipment. This lightweight and flexible exercise tool can be used to stretch and strengthen various, but specific, muscle groups: firming, toning, and conditioning the legs, upper body, and abdominals.

DYNAMIC INERTIAL RESISTANCE [D.I.R.] exercises involve holding the bar in the center – with either one or both hands– and shaking it, causing the bar to vibrate rapidly. The hands and arms are held in various positions, offering a remarkably effective way to strengthen and tone the short fiber muscles of various muscle groups, and condition them at the same time.

The short, dynamic, inertia-based movements, coupled with the resistance inherent to the Body Bar FLEX, help bring the muscles to a heightened state of fatigue, and very quickly. According to one fitness professional: “I get a much quicker ‘burn’ doing this routine!”

Additionally, and perhaps most importantly, the vibrating movement of the bar forces the user to apply isometric contractions of the torso –the abdominals, core, and lower back– and even the legs. Isometrically challenging the torso and legs to remain relatively stable, in combination with the concentric and eccentric movements of the shaking bar, aids in balance, enhances strength in other muscle groups, and improves coordination.

The design criteria of the Body Bar FLEX make it particularly effective for D.I.R. exercises, in that the vibrations are dampened. This means that the user must continually put more ‘work’ into the shaking process to keep the bar vibrating at whatever frequency (the up-and-down or side-to-side or back-and-forth movement) the user desires. In other product designs, it takes very little additional force to continue the vibrating motion.

The dampening of the Body Bar FLEX design comes from the fact that there is a pultruded fiberglass bar fitting loosely inside a flexible extruded plastic tube. The flexible plastic tube dampens the vibrating action of the fiberglass bar. And, because the fiberglass bar is free to rotate inside the tube, the user can change ‘shaking directions’ and the fiberglass bar will ‘self orient’ itself: repositioning of the hands on a grip is not necessary.

Body Bar FLEX is an inexpensive, and versatile, device which can be used to gain the benefits of D.I.R. exercises. Simple and effective drills, performed several times per week, will improve muscle strength, tone, balance, and coordination.

Visit www.bodybar.com/Body-Bar-Store/Dynamic-Inertial-Resistance to learn more about the Body Bar FLEX® and access the drills specific to DYNAMIC INERTIAL RESISTANCE.