Body Bar *FLEX*®

DYNAMIC INERTIAL RESISTANCE Exercises

by

Gordon L. Brown, Jr. for Body Bar, Inc.
Stretching and Strengthening with the Body Bar *FLEX*®

- The **Body Bar FLEX**® variable resistance bar 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.

- Stretching before beginning any sport or exercise can enhance a person’s ability to perform at a higher level and reduce the risk of injury. Stretching allows the joints and muscles to move effectively through their full and normal range of motion. The **Body Bar FLEX**® is a lightweight and flexible variable resistance exercise device that can be used to stretch various, but specific, muscle groups.

- Additionally, the **Body Bar FLEX**® may be used to perform a series of exercises intended to help firm, tone, and condition the legs, upper body, and abdominal muscles.

- The **DYNAMIC INERTIAL RESISTANCE** exercises shown in the accompanying slides 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.

- These strengthening exercises should be performed on a regular basis – 2 or 3 times per week is recommended – to condition the muscles of the body. Perform each exercise for 15 to 30 seconds.

- The 48-inch, 20-lb resistance **Body Bar FLEX**® is recommended. The bar weighs only 27-ounces; the resistance rating is determined by the force required to bend the bar into an arc, forming a semicircle. The bar is meant to be bent while performing a variety of exercises, as shown.

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Consult a physician or physical therapist prior to beginning this or any exercise regimen. The stretches and strengthening exercises shown herein comprise low intensity movement: if you experience any pain or discomfort, stop the exercise and see your doctor.

Neither Body Bar, Inc. nor any of its employees nor representatives can assume responsibility, negligent or otherwise, for the use of Body Bar FLEX®.

The indicated length of time for each exercise is simply a guideline, and may vary due to the strength and fitness level of the participant.

Breathe throughout each stretching and strengthening exercise – Do Not Hold Your Breath.
For both exercises, grasp the Body Bar FLEX® in the center, with hands side-by-side. The bar is horizontal, in the positions shown. Move the hands up-and-down.

For all exercises, move the hands in short but rapid movements – this will cause the bar to vibrate rapidly. Knees are bent slightly with feet spaced about shoulder-width apart. Keep the head still. Before starting each exercise, tighten the core by pulling the navel towards the spine.
DYNAMIC INERTIAL RESISTANCE Exercises

Exercise #3
Position the bar vertically in front of the body, hands at lower chest level. Move the hands from side to side.

Exercise #4
Position the bar horizontally, above the head. Move the hands up-and-down.

For both exercises, grasp the Body Bar FLEX® in the center, overlapping the hands.

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Exercise #5
Grasp the bar in the center with one hand, palm up. Bend the elbow at 90-degrees, placed slightly outside of the body, with the bar horizontal at waist level. Move the hand/arm away from and then toward the body, using the triceps and bicep muscles. Change hands and repeat.

Exercise #6
Grasp the Body Bar FLEX® in the center, with hands side-by-side and palms down. Position the bar horizontally and at about nose level. (NOTE: photo is incorrect – place bar at nose level.) Move both hands up-and-down.

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Exercise #7

Position the bars vertically, elbows bent, hands at chest level and shoulder-width apart. Move both hands/arms away from and then toward the body, and at the same time.

Exercise #8

Position the bars horizontally at each side. Elbows are slightly bent. Move both hands/arms up-and-down, and at the same time.

For both exercises, use two Body Bar FLEX® bars. Grasp each bar in the center.

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- **To order:** [http://www.bodybar.com/Body-Bar-Store/Body-Bar-Flex-Products](http://www.bodybar.com/Body-Bar-Store/Body-Bar-Flex-Products)