



HOW TO USE **FLEX BAR**



HOW TO USE **FLEX BAR**

INTRODUCTION:

The RESISTANCE BAR is exercising equipment which is light in weight and mobile. This item is specially designed to work on the improvement of the gripping ability, strength and the upper body intensity functions. RESISTANCE BAR is designed as such, that it provides other uses such as swinging movements and mobilization.



THERE ARE FOUR LEVELS OF RESISTANCE AND SIZES ARE AVAILABLE:

YELLOW:

6 pounds Requires force to bend the bar into a "U"



RED:

10 pounds Requires force to bend the bar into a "U"



GREEN:

15 pounds Requires force to bend the bar into a "U"



BLUE:

25 pounds Requires force to bend the bar into a "U"



USES:

STRENGTHENING:

The bar helps in improving the grip strength and the upper body extremity strength.

OSCILLATION:

The bar allows swinging movements which help in building neuromuscular training and the balance training.

MOBILIZATION:

The bar helps in the movement of soft tissues and joints.

PRECAUTIONS:

The Resistance Bar should be used after consulting with your health professional, and after they prescribe the suitable exercise for you. Ensure that you exercise under the presence of a health professional. The information provided in this manual does not imply towards any medical condition diagnose and always follow the advice of your healthcare professional.

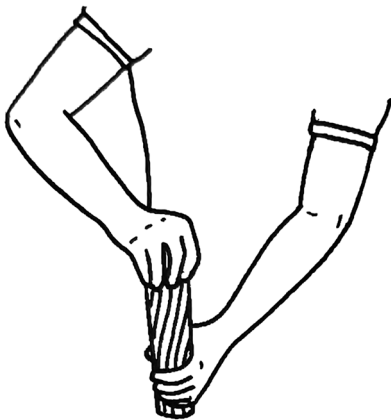
Stop the exercises immediately if you experience any pain or difficulty and consult with your healthcare professional.

Before using the RESISTANCE BAR please ensure the product is not damaged and works properly. Replace the product in case of any damage.

STRENGTHENING EXERCISES

STRENGTHENING THE GRIP

Hold the bar in your hand and twist in motion.



RESISTANCE BAR Color

Perform

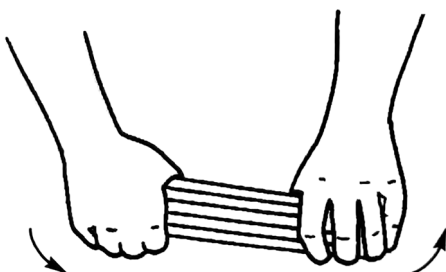
Sets

Time

Times a day

WRIST STRENGTHENING (FLEXING/EXTENSION):

Hold the bar steadily in one hand and roll the bar upwards for the wrist extension and roll it downwards for wrist flexing.



RESISTANCE BAR Color

Perform

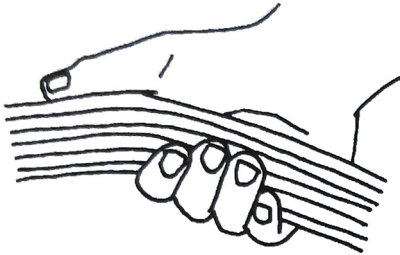
Sets

Time

Times a day

THUMB STRENGTHENING (FLEXING):

Hold the bar in one hand with the thumb on top. Press the thumb to push the bar.



RESISTANCE BAR Color

Perform

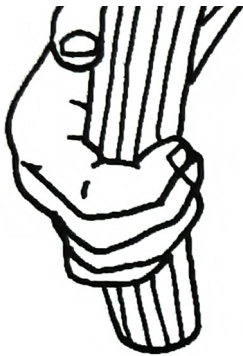
Sets

Time

Times a day

THUMB ABDUCTION STRENGTHENING:

With the thumb inside hold the bar in the hand. Push the bar on the outside.



RESISTANCE BAR Color

Perform

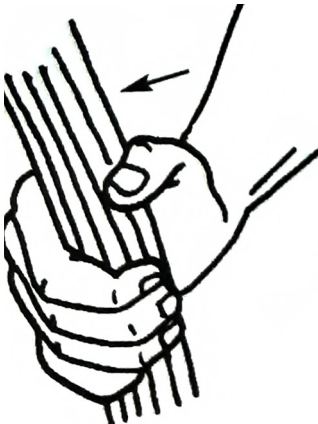
Sets

Time

Times a day

THUMB ABDUCTION STRENGTHENING:

With the thumb outside hold the bar in the hand. Push the bar on the inside.



RESISTANCE BAR Color

Perform

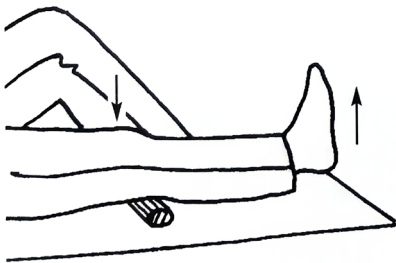
Sets

Time

Times a day

KNEE EXTENSION:

Lay down and place the bar under your knee. Tighten the quad muscle in your thigh and move the heel upwards from the ground.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

SHOULDER ABDUCTION STRENGTHENING:

Hold the bar with both hands. Move the bar downwards towards the body.



RESISTANCE BAR Color

Perform

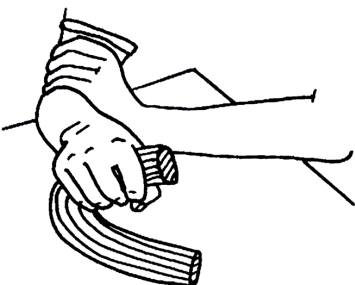
Sets

Time

Times a day

WRIST PRONATION STRENGTHENING:

Hold the bar down with one hand. Move the bar downwards in rotating movement.



RESISTANCE BAR Color

Perform

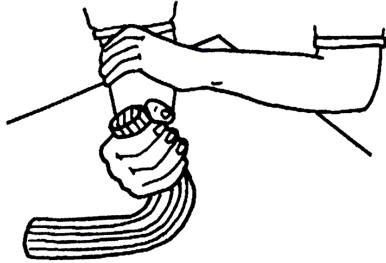
Sets

Time

Times a day

WRIST SUPINATION STRENGTHENING:

Hold the bar down with one hand. Move the bar upwards in rotating motion.



RESISTANCE BAR Color

Perform

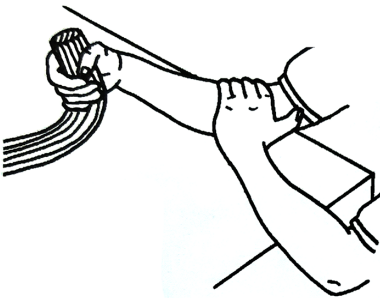
Sets

Time

Times a day

WRIST ULNAR DEVIATION STRENGTHENING:

Put the base of the bar on to a table. Push the wrist downwards moving it away from the body.



RESISTANCE BAR Color

Perform

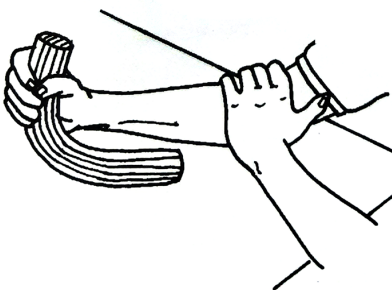
Sets

Time

Times a day

WRIST RADIAL DEVIATION STRENGTHENING:

Put the base of the bar on to a table. Pull the wrist upwards moving it towards the body.



RESISTANCE BAR Color

Perform

Sets

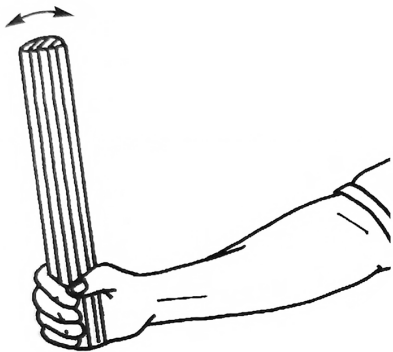
Time

Times a day

OSCILLATION EXERCISES

ELBOW OSCILLATION:

Hold the bar from the base. Keep the wrist, elbow and shoulder firm and oscillate the bar.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

SHOULDER OSCILLATION (STATUE OF LIBERTY):

Hold the base of the bar and oscillate the bar. Keep your wrist elbow and shoulder firm.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

STATUE OF LIBERTY WITH TUBING :

Statue of liberty with tubing: hold the base of the bar and the tubing. Keep the wrist, elbow and shoulder steady and oscillate the bar.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

STATUE OF LIBERTY BALANCE :

Stand on one leg and hold the base of the bar. Keep the wrist, elbow and shoulder steady and oscillate the bar.



RESISTANCE BAR Color

Perform

Sets

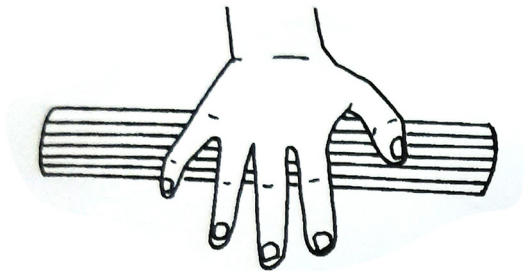
Time

Times a day

SOFT TISSUE MOBILIZATION

HAND TISSUE MOBILIZATION:

Place the bar under the hand. Roll the hand from palm to fingers.



RESISTANCE BAR Color

Perform

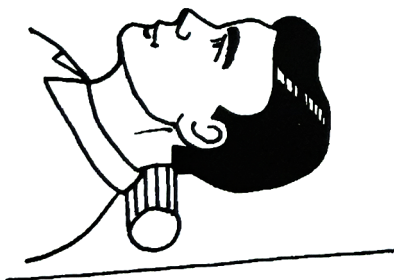
Sets

Time

Times a day

CERVICAL SOFT TISSUE MOBILIZATION:

Cervical soft tissue mobilization: place the bar at the base of the skull. Move the head backwards into the bar gently.



RESISTANCE BAR Color

Perform

Sets

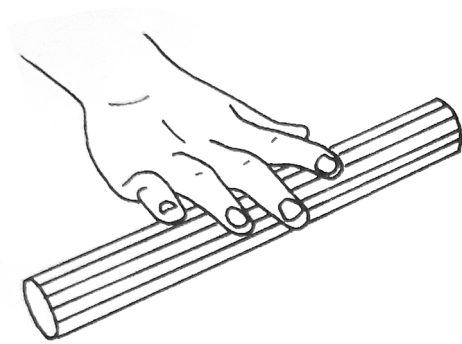
Time

Times a day

JOINT MOBILIZATION EXERCISES

FINGER EXTENSIONS:

Put your fingertips on to the bar and push the fingers into the bar applying overpressure.



RESISTANCE BAR Color

Perform

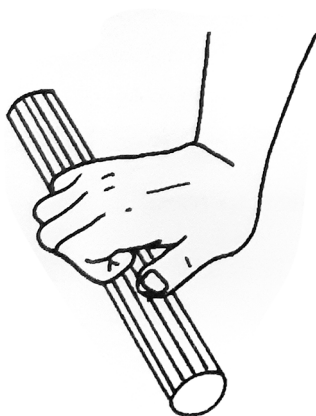
Sets

Time

Times a day

FINGER FLEXING:

Bend the fingers and place the fingernails on to the bar. Push the fingers into the bar.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

ELBOW FLEXING:

Place the bar on the elbow and bend the elbow.



RESISTANCE BAR Color

Perform

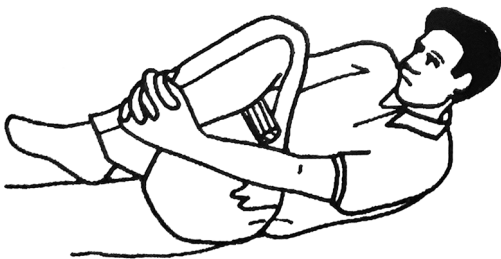
Sets

Time

Times a day

KNEE FLEXING:

Place the bar behind the knee and bend it.



RESISTANCE BAR Color

Perform

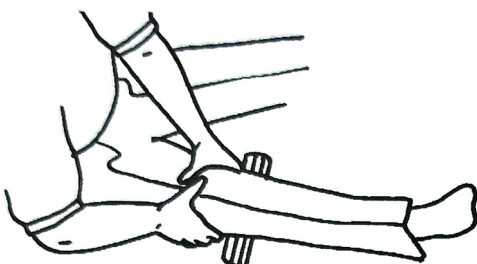
Sets

Time

Times a day

KNEE EXTENSION:

Place the bar under the calf and move the knee downwards.



RESISTANCE BAR Color

Perform

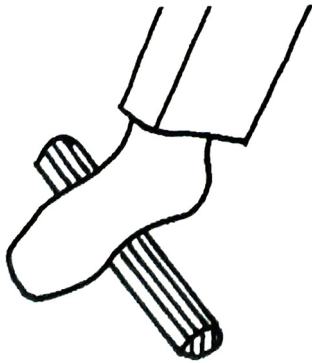
Sets

Time

Times a day

TOE EXTENSION:

Place the bar under the toe and move the toe into the bar.



RESISTANCE BAR Color

Perform

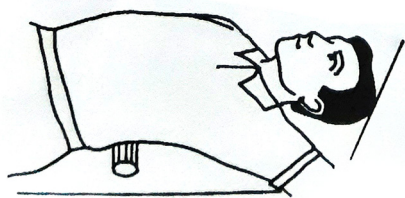
Sets

Time

Times a day

SPINE EXTENSION:

Place the bar under your back and press the bar into your back.



RESISTANCE BAR Color

Perform

Sets

Time

Times a day

We hope this quick guide has given you a good grasp on some of our favorite muscle building concepts. Through smart training and nutrition, you can build a muscular body if you are consistent.

For more tips and tools to help you reach your fitness goals, visit www.dmoose.com



DMOOSE
NO MORE BULL.