

BODYBAR™
DEFINE YOUR FITNESS • SHAPE YOUR LIFE

Body Bar *FLEX*® *SENIOR FIT* Exercises



by
June Kahn, BSPE, for Body Bar, Inc.

Body Bar, Inc. 1942 Broadway Suite 314 Boulder, Colorado 80302
800-500-2030 www.bodybar.com

- The **Body Bar FLEX® SENIOR FIT Exercise Program** is a fun, energizing group of exercises. It uses safe, effective, integrated movement exercises designed to improve the functional skills of daily living, and enhance well-being and independence.
- The **Body Bar FLEX®** variable resistance bar is a unique fitness device, ideal for developing strength, flexibility, mobility, balance, and endurance for total body conditioning. Lightweight and flexible, it can be used to stretch and strengthen the entire body – in standing, seated, or reclining positions.
- Each exercise is designed to improve joint mobility and stability, through integrated movement patterns, where more than one muscle group is worked at a time. This allows the body to be trained for improved function – firming, toning, and conditioning the muscles of the legs, upper body, and abdominals (the 'core').
- The Original 48-inch **Body Bar FLEX®** weighs only 27 ounces, but delivers up to 20 pounds of resistance (or up to 10 pounds to each hand/arm) when bent into the shape of a 'U'. Bending the bar into an arc less than a 'U' shape reduces resistance. Bend the bar only as much as is comfortable. As strength and/or flexibility improve, you can bend the bar into the 'U' shape, and adjust the position of your grip closer toward the middle of the bar to increase the challenge.
- **NOTE:** to maintain optimal resistance, the bar should not be bent beyond a semicircle or 'U' shape.
- The **Body Bar FLEX® SENIOR FIT Exercise Program** consists of the following:
 - Warm-up Stretches, involving dynamic stretching for enhanced mobility.
 - Progressive Integrated Movement Patterns, for total body conditioning.
 - Dynamic Cool-Down and stretch.
- Perform the **Body Bar FLEX® SENIOR FIT** workout 1 to 3 times per week – in your home, at your gym, or in your favorite outdoor setting:
 - Begin with 5 to 10 minutes of light, rhythmic warm-up activities before each session.
 - Complete 1 to 2 sets of 3 to 5 repetitions of each exercise, building up to 8 to 10 reps as strength increases.
 - Finish 1 to 2 sets of each stretch, holding the stretch for 3 to 5 seconds, while breathing throughout.

Download the **COMPLETE** Body Bar FLEX® SENIOR FIT Exercise Program at:
<http://www.bodybar.com/Body-Bar-Store/Senior-Fit>

