

THE  **FLEXERCISE**® PROGRAM  
STANDING FLEXIBILITY©

<u>NAME OF STRETCH</u>	<u>MUSCLE GROUP(S) AFFECTED</u>
1. NECK ROTATIONS	STERNOCLEIDOMASTOID, TRAPEZIUS
2. ARM ROTATIONS	DELTOID, LATISSIMUS DORSI, BICEPS, BRACHIA
3. TRICEP STRETCH	LATISSIMUS DORSI
4. TRUNK TWIST	UPPER & LOWER BACK, HIPS
5. OVER AND HANG	HAMSTRINGS, UPPER & LOWER BACK
6. TRUNK ROTATION	HIPS, LOWER BACK, HAMSTRINGS
7. SIDE TO SIDE	LATISSIMUS DORSI
8. GROIN STRETCH	GROIN, HAMSTRING, QUADRICEPS
9. SCISSORS	ABDUCTORS, ADDUCTORS, and GROIN
10. GASTROC STRETCH	GASTROCNEMIUS

**Purchase Price \$20.00 Electronic Download**  
**Run Time 24 minutes.**

The Benefits of Flexercise...  
Prevention of Muscular-Skeletal injuries, Stress Reduction, Diabetes, Heart Disease,  
Worksite injury prevention, and Stress Reduction, Manage Arthritis Pain. Athletic Injury.

  
**FLEXERCISE**®  
**SITTING FLEXIBILITY**

<u>NAME OF STRETCH</u>	<u>MUSCLE GROUP(S) AFFECTED</u>
1. SOLE TO SOLE	GROIN, ADDUCTORS, LOWER BACK
2. FEET STRAIGHT OUT	HAMSTRINGS, UPPER & LOWER BACK
3. RIGHT OVER LEFT	LOWER BACK
4. ANKLE ROTATIONS	GASTROCNEMIUS, TIBIALIS ANATERIOR
5. GLUTEAL STRETCH	GLUTEUS MAXIMUS
6. C T STRETCH	QUADRICEPS
7. HURDLER STRETCH	HAMSTRINGS, GASTROCNEMIUS
8. PARTNER GROIN STRETCH	GROIN, HAMSTRINGS, and BACK

**Purchase Price \$25.00 Electronic Download**  
**Run Time 30 minutes.**

Flexercise is a form of "Mediation in Motion". It is an innovative workout for the mind and body. Flexercise calls for a balanced shifting of body weight, and muscle relaxation that can provide a fairly intense workout.

**FLEXERCISE**<sup>®</sup>  
**POWER AND STRENGTHENING**<sup>©</sup>

<u>NAME OF STRETCH</u>	<u>MUSCLE GROUP(S) AFFECTED</u>
1. SQUAT AND HOLD	QUADRICEPS, GLUTEUS MAXIMUS
2. DEEP KNEE SQUATS	QUADRICEPS, GLUTEUS MAXIMUS
3. TOE RISERS	GASTROCNEMIUS
4. LEG EXTENSIONS	QUADRICEPS, ABDOMEN
5. SIDE LEG EXTENSIONS	HIP FLEXORS, QUADRICEP, HAMSTRING, SARTORIUS, FACIA LATAI
6. LEG CURLS	HAMSTRINGS
7. STOMACH CRUNCHES	RECTUS ABDOMINIS
8. STOMACH TIGHTENERS	EXTERNAL ABDOMINAL OBLIQUE, RECTUS ABDOMINIS
9. PUSH UPS	PECTORALIS MAJOR & MINOR, BICEPS, TRICEPS, RECTUS ABDOMINIS

**Purchase Price \$30.00 Electronic Download**

**Run Time 45 minutes.**

Flexercise "Power and Strengthening" is composed of slow moving "Body Strengthening" exercises, designed to increase strength, flexibility, core, and balance, while decreasing muscular-skeletal injury, as well as, tension and stress.

**FLEXERCISE**®  
Power Bar Workout

**NAME OF EXERCISE**

**MUSCLE GROUP(S) AFFECTED**

- |                        |  |
|------------------------|--|
| 1. Squat and Hold      | Gluteus Maximus/Quadriceps                   |
| 2. Deep Knee Squats    | Gluteus Maximus/Quadriceps                   |
| 3. Military Press      | Deltoids/Pectoralis Major                    |
| 4. Reverse Military    | Trapezius/Deltoids                           |
| 5. Vertical Press      | Deltoids/Abdominals/Pectoralis               |
| 6. Power Lift Rt       | Deltoids/Brachial/Biceps                     |
| 7. Power Lift Lt       | Deltoids/Brachial/Biceps                     |
| 8. Triceps Extension   | Triceps Extensor                             |
| 9. Bicep Curl          | Biceps Brachia/Gluteus Maximus               |
| 10. Leg Extensions     | Quadriceps                                   |
| 11. Leg Curls          | Biceps Femoris                               |
| 12. Side Leg Extension | Gluteus Medius/Tensor Fascia Lata/Iliotibial |
| 13. Toe Raisers        | Gastrocnemius                                |

**Purchase Price \$20.00 Electronic Download**  
**Run Time 20 minutes.**

**Strengthening:**

Flexercise will help define the muscles in the body, specifically Pectoralis Major and Minor, the thighs, buttocks and calves.



## Core and Ab Workout

### NAME OF EXERCISE

### MUSCLE GROUP(S) AFFECTED

- |                         |                                     |
|-------------------------|-------------------------------------|
| 1. Superman             | Core/Stabilizers/Abs                |
| 2. Core Push ups        | Pectoralis Major/Rectus Abdominal   |
| 3. Stomach Curls        | Rectus Abdominus                    |
| 4. Stomach Tightner's   | Rectus Abdominus                    |
| 5. Abdominal Oblique's  | External Abdominal Oblique's        |
| 6. Heels to Sky         | Rectus Abdominus/Lower back         |
| 7. Release and Hold     | Rectus Abdominus/Stabilizers        |
| 8. Upside Down Push-ups | Deltoids, Latisimus Dorsi/Trapezius |

**Purchase Price \$20.00 Electronic Download**

**Run Time 15 minutes.**

To increase strength in abdominals, core, and balance, The slow rhythmic movements of Flexercise provides the benefit of a moderate low impact experience, without the potentially harmful effects of a high impact workout.