

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 \$35.00 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 \$35.00 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®
Power Bar Workout

<u>NAME OF EXERCISE</u>	<u>MUSCLE GROUP(S) AFFECTED</u>
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 \$35.00 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

<u>NAME OF EXERCISE</u>	<u>MUSCLE GROUP(S) AFFECTED</u>
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 \$35.00 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.