



# Body Bar *FLEX*®

## *FIT 15 for KIDS* Exercises



by

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- The **Body Bar *FLEX*® *FIT 15 for KIDS*** workout is a fun, energizing exercise curriculum. It uses safe, effective, integrated movement exercises –involving ‘compound movements’ which work more than one muscle group at a time– to deliver specific stretching, strengthening, and core conditioning:
  - Simple to implement, ‘set-up’ and ‘take-down’ times are minimal
  - Transition from one exercise to the next is easy and quick
  - The program is time-efficient, and by design maximizes the fitness outcome in short sessions.
- 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.
- The Original **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 the resistance.
- For each exercise, the student is encouraged to bend the **Body Bar *FLEX*®** only by an amount that is comfortable, and which affords 5 to 15 repetitions. As the student gains strength, the flexible bar can be bent further, and the repetitions can be increased.
- **NOTE:** the bar should not be bent beyond a semicircle or ‘U’ shape – the fiberglass rod inside may lose its resistance.
- The program is structured (yet flexible), consisting of:
  - Dynamic Warm-Up and ‘Gentle’ Strengthening
  - Integrated Strengthening of the lower body, upper body, and core
  - Stretching and Flexibility
- **Body Bar *FLEX*® *FIT 15 for KIDS*** exercises provide students with a safe, efficient, effective, and compelling workout that focuses on low impact, total body conditioning which is based on sound fitness methodology. They offer students an exercise program that draws from many modalities; including yoga, dance, Pilates, and physical therapy training.
- This program widens the reach of youth fitness programming; by creating a workout that can be performed with minimal equipment, in any facility, requiring little storage space, with easy set-up and take-down.

**Download the complete Body Bar *FLEX*® *FIT 15 for KIDS* Exercise Program at:**  
<http://www.bodybar.com/Body-Bar-Store/FLEX-for-Kids>

