

Our bands have been developed with the goal of making Functional Training as comfortable, effective and versatile as possible. In addition, they are manufactured in Germany under local standards, are eco- and hygiene-certified.

The material used is extremely robust, pleasant to the skin and, above all, washable.

The FLEXVIT bands are used in rehabilitation training, by „everyday athletes“ as well as by top athletes of almost all sports, whether in the studio, at home or on the road.

With this exercise card we want to present a small selection of possible exercises. Further information and training opportunities can be found at facebook.com/flexvit or Instagram.com/flexvit.band.

Training with fitness bands, we call it **Functional Band Training (FBT)**, has specific advantages:

- Inexpensive, easily transportable, space-saving and, in principle, usable everywhere
- Stepless regression (decrease) and progression (increase) instantly possible
- Constant stabilization demands strengthen the core of the body
- Training in all planes and in all directions mirror the loads of an “everyday athlete”
- Improvement of body perception and muscle control through tactile stimuli
- Higher power stimuli through eccentric training

FLEXVIT™

Functional Band Training by FLEXVIT helps to stay flexible and vital (or to become vital again).



FLEXVIT™

Exercise category

MINI



www.flexvit.band

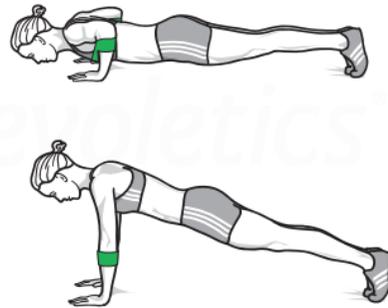
Flexible Sports GmbH
Made in Germany

1 Squat



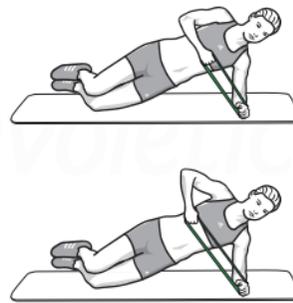
#7477

2 Push up



#7478

3 Assisted side plank rows



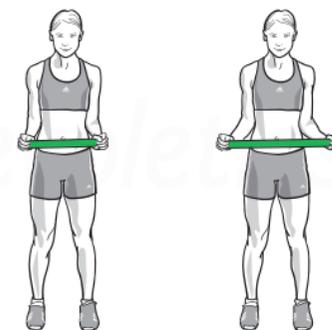
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4 Hip flexion



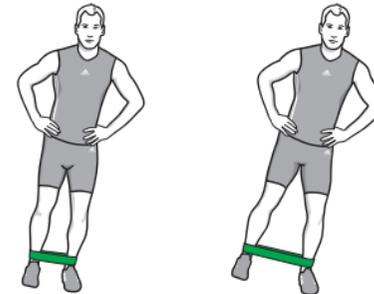
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5 Shoulder external rotation



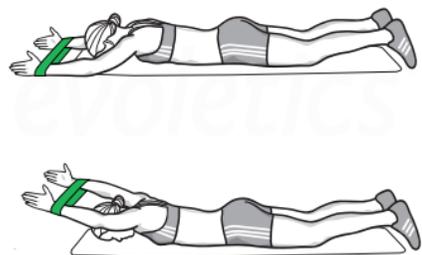
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6 Hip abduction



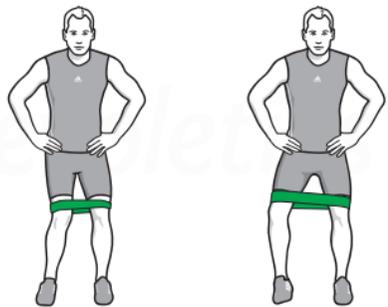
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7 Spine extention



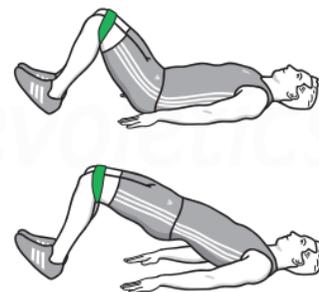
#7483

8 External hip rotation



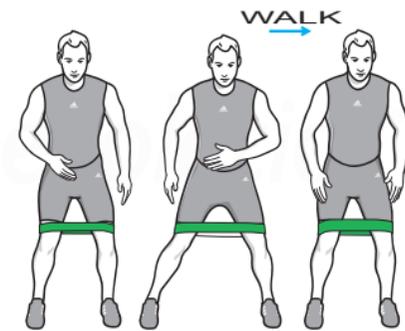
#3048

9 Hip thrust



#3225

10 Side walk



#3297

11 Category: FLEXVIT - Mini

- Available in 6 resistance levels
- Stretching capacity from 160 to 200 %
- Washable up to 60 °C

News and other FLEXVIT exercises:
www.facebook.com/flexvit
www.instagram.com/flexvit.band

Illustrations by: **evoletics**

12 Note:

Choose the most suitable band resistance (colour) from the FLEXVIT range depending on your current level and training goals. Remember that the quality of the movement execution is key (rather than the quantity and/or load). Press breathing should be avoided. In dizziness or pain of any kind, the exercise is to end immediately. If you have any questions about the exercises, please contact your trainer or therapist. Happy banding!