



**USER MANUAL – EN**

**IN 15904 Flexi Bar inSPORTline Easy**

**IN 15905 Flexi Bar inSPORTline Strong**



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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

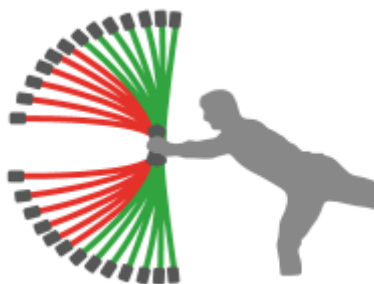
## INTRODUCTION

Thank you for purchasing this product. This flexi-bar swing stick stimulates a healthy posture and strengthens the connective tissue. It increases your well-being and gets your inner balance back. Before you start exercise please read all instruction and keep it safe for future information.

## SAFETY INSTRUCTIONS

- Do not use the product if you in the final trimester of pregnancy.
- Do not use this product if suffering with high-blood pressure.
- If you suffer with any medical problem contact and consult your doctor.
- Children under 15 must be under adult supervision.
- Make sure you have enough space around yourself. Keep a safety clearance from any object that could obstruct your moving.
- Always use this product on dry, clean and non-slip surface.
- Store it in dry and clean place.
- Do not expose this product to the high temperature as the material could deteriorate.
- Do not modify this product.
- Before each use check this product for any damage use. If any damage will appear, do not use this product.
- If you feel faintly or if you remark breath shortness or dizziness, stop immediately.
- Keep it away from children and pets.
- Don't do any improper modification of this product. It could cause void of warranty.
- Always hold the product in the center of the rubber grip, whether you use one or two hands.
- Keep your grip relaxed always, with your wrists, in neutral position.
- Do not squeeze the grip, otherwise your arms will fatigue quickly.
- Don't overrate your skills. Start exercising at low intensity and have your workout under control.

**WARNING!** Make sure using the Flexi bar in the green area only. This is best for proprioception and lifetime of your product. Swinging in the red area will not improve your training results. Swinging in the red area will also overstrain your product. **The “golden rule”: as long is the flexi-bar is swinging, everything is ok. Try to keep your shoulders down.**



## BENEFITS

- Reduced back pain
- Improved blood circulation
- Increases energy level
- Decreased muscular tension
- Increased level of endorphins
- Increased uptake of oxygen
- Better posture
- Reinforcement of your stomach muscle
- Straightness of all body shape
- Positive mental outlook

## USE

- Remove it out from a box and check that no part is missing or damaged
- Use it according to this manual

## MAINTENANCE

- Use a towel to dry it after each using
- Use only a damp cloth and mild soap to clean it
- Protect it from fire, heat sources, rough, sharp and abrasive surfaces. Protect it from direct sunlight
- Store it only in a dry and cool place
- Never use damaged or worn product

## EXCERSISE





### EXCERCISE :1





Chest and Back





**Body position:** broader back muscle, chest, feet shoulder with apart loosely grip the flexi bar with both hands and hold it in front of the body at roughly chest height, grasping the handle from above. Tuck the chin into the throat (make the neck long).

**Swinging motion:** up & down.






<p><b>EXERCISE: 2</b></p> <p>Shoulder &amp; upper back</p> <p><b>Body position:</b> legs apart more than shoulder with apart. Hold the flexi-bar loosely with one hand parallel to the body, the arm stretched out from the body. Thumbs pointing forwards.</p> <p><b>Swinging motion:</b> swing both in and out while attempting to bring the arm father behind the body. Change size.</p>	
<p><b>EXERCISE: 3</b></p> <p>Middle back</p> <p><b>Body position:</b> broad upright stance, knees and toes pointing outwards. With extended arms, move the flexi-bar above the head. Important keeping the shoulders low is imperative. Thumbs point forwards.</p> <p><b>Swinging motion:</b> up and down.</p>	
<p><b>EXERCISE: 4</b></p> <p>Lower back &amp; chest</p> <p><b>Body position:</b> wide leg squat with knees and toes pointing outwards. Lean the upper body forwards, keep your back straight, make a double chin. Grasp the handle from above.</p> <p><b>Swinging motion:</b> up and down in the direction the floor.</p>	
<p><b>EXERCISE: 5</b></p> <p>Bottom</p> <p><b>Body position:</b> tight, deep squat, grasp the flexi-bar with both hands from above, tuck in your chin slightly. Keeping the shoulders low is imperative. Raise both arms to head height.</p> <p><b>Swinging motion:</b> up and down.</p>	

<p><b>EXERCISE:6</b></p> <p>Core muscles (abs, oblique's, deep muscles of back)</p> <p><b>Body position:</b> feet just more than shoulder width apart. Hold the flexi-bar with both hands in front of and vertical to the body.</p> <p><b>Swinging motion:</b> swing the flexi-bar from left to right. Requires substantial body tension.</p>	
<p><b>EXERCISE:7</b></p> <p>Abdominals &amp; thighs</p> <p><b>Body position:</b> take a large lunge step, hold the flexi-bar parallel to the floor, then lean forward while keeping the upper body straight and raise your back leg. Important: do not fall into the "hollow back".</p> <p><b>Swinging motion:</b> backwards and forwards, parallel to the floor, change sides.</p>	
<p><b>EXERCISE:8</b></p> <p>Chest &amp; shoulder</p> <p><b>Body position:</b> Legs shoulder width apart. Hold the flexi-bar with both hands vertically in front of the body.</p> <p><b>Swinging motion:</b> backwards and forwards. While performing the training exercise, attempt to rotate the upper body to one side. Change size.</p>	
<p><b>EXERCISE: 9</b></p> <p>Pelvic &amp; bottom</p> <p><b>Body position:</b> see ex. 2. Furthermore, stay on one leg, the body weight is transferred to the standing leg</p> <p><b>Swinging motion:</b> right to left, change sides.</p>	

<p><b>EXERCISE: 10</b></p> <p>Spine &amp; interior waste muscle</p> <p><b>Body position:</b> get down on all fours. Raise the arm holding the flexi-bar to head height, extend the arm away from the body. Drop your shoulders low.</p> <p><b>Swinging motion:</b> up and down, change sides. Variation for the more advanced: raise the stretched opposite leg to hip height and hold that position.</p>	
<p><b>EXERCISE: 11</b></p> <p>Hip &amp; waist</p> <p><b>Body position:</b> lie on your side, elbow under the shoulder, bottom leg bent and slightly forward. Top leg stretched out straight. The top arm holds the flexi-bar, the thumb pointing downwards.</p> <p><b>Swinging motion:</b> up and down parallel to the thigh. Change sides.</p>	
<p><b>EXERCISE:12</b></p> <p>Intensive waistline</p> <p><b>Body position:</b> see ex.11. then rise your pelvis and splay the upper leg. The top arm loosely holds the flexi-bar and is also splayed. The thumb points forwards.</p> <p><b>Swinging motion:</b> up and down repeat on other side.</p>	
<p><b>EXERCISE:13</b></p> <p>Bottom</p> <p><b>Body position:</b> lie on your back, knees bent, squeeze through glutes. Lift your back off the floor up as far as possible. Now extend one leg completely, knees remain parallel. Take the flexi-bar from above, extend the arms.</p> <p><b>Swinging motion:</b> swing up and down, parallel to the thighs.</p>	



<p><b>EXERCISE:14</b></p> <p>Abdominals</p> <p><b>Body position:</b> a wide sitting position, heels placed firmly on the floor. Lean back while keeping the back straight. Hold the flexi-bar with both hands at chest height.</p> <p><b>Swinging motion:</b> swing parallel to the thighs. Always keep the flexi-bar swinging. Lean the upper body back still further – hold in that position, return to an upright position. Repeat.</p>	
<p><b>EXERCISE:15</b></p> <p>Oblique, pure abdominals</p> <p><b>Body position:</b> see ex. 14 in addition rotate the upper body to one side.</p> <p><b>Swinging motion:</b> swing parallel to the tight rotated towards, roll the upper body backwards return to starting position.</p>	
<p><b>EXERCISE:16</b></p> <p>Torso muscles</p> <p><b>Body position:</b> lie on your back, knees bent the heels paced firmly on the floor. Chin lightly tucked in and allow the entire back and bottom to rest on the floor. Hold the flexi-bar with both extended arms.</p> <p><b>Swinging motion:</b> backwards and forwards parallel to the thighs.</p>	

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.



The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical

characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZ  
SEVEN SPORT s.r.o.**

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**About shipping**

