

Versa Flex-Bar

Offers effective training for fitness, sports and rehab.




Characteristics

Function	<p>The Versa Flex-Bar makes it possible to train the superficial muscles on one hand and the deep lying muscles on the other hand.</p> <p>This product can be used both isometrically and dynamically. Therefore it offers the user the possibility of carrying out an optimally balanced training. It can be used standing, sitting, moving and balancing.</p>
Application	<p>This product:</p> <ul style="list-style-type: none"> • Improves your balance and flexibility • Improves muscular coordination • Improves muscular strength

Technical specifications

Productgroup	Gym & Fun Products
Composition	Fiberglass stick with natural rubber tubes

Product overview

Picture	Art.Nr	Description	Package	Weight Package	Dimensions L x W x H
	MSD84285.1	Versa Flex - Bar (Bar - 1 Tubing - 1 Door anchor)	1 set / box	0,60 kg	104 x 7 x 4,5 cm

Application

Safety Precautions

Use the Versa Flex-Bar only after consulting a trained licensed healthcare professional.

Warm up

There is nothing more important for the blood circulation than a good warm up.

A good warm up will spare you from serious muscle injuries.


Start with 5 minutes running and make sure that all your muscles are supple before you start.

You can also do the following exercises:



Exercises



Storage conditions	
Duration of storage	Valid for 3 years from date of manufacture for the natural rubber tubes
Storage	Store in cool, dry place, avoid excessive heat (40° C.)
Special items	
Customs code	9506.9990
Country of origin	Taiwan MSD Europe is the authorised European Representative.
	This product has been manufactured according to CE-mark regulations.
Revision number	PI-Versa Flex-Bar (04.2008)
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