

flexbuddy®
STRETCHING MADE EASY

STRETCHING GUIDE



HEY, BUDDY!



flexbuddy®
STRETCHING MADE EASY

Nice to meet you!

I'm FlexBuddy - your new personal stretching partner. I'm here to make stretching easy and fun for you.

In this guide you'll find exercises, warm-up routines, yoga poses and important infos on how to use me.

Are you ready? Let's go!



MODERN PROBLEMS?

Let's be honest. Most of our modern problems like backpain, stiffness and lack of mobility can be blamed on:

- too much sitting
- sports that tighten up your muscles
- not enough stretching, or
- wrong stretching

What is „wrong“ stretching?





WRONG STRETCHING!

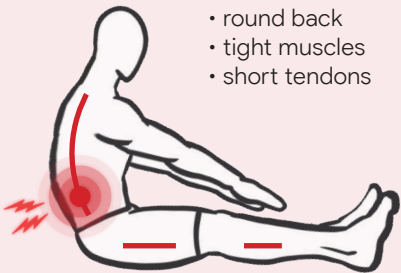
This could be you: muscles and tendons on the backside of your legs are short. In a desire to touch your toes, you round your lower back. This leads to a disccompression, that:

- presses on your nerves
- can cause backpain

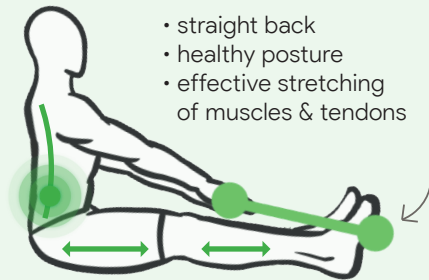
Learn how to stretch better



NORMAL STRETCHING



BETTER STRETCHING





Patented



✓ 198cm
6'6"



✓ 170cm
5'7"



✓ 142cm
4'8"

ONE
SIZE
FITS
ALL

PRODUCT DETAILS



flexbuddy®
STRETCHING MADE EASY

COMFORTABLE
HANDLE

2-WAYS
ADJUSTABLE
COTTON BAND

DURABLE
BEECH WOOD



Patented

REGULAR BELTS CUT THE SKIN...



Most people who stretch complain about the discomfort of „**rope burn**“ caused by conventional stretching bands.

FLEXBUDDY IS SUPER COMFY



HOW TO ADJUST YOUR FLEXBUDDY:



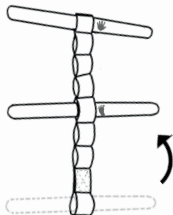
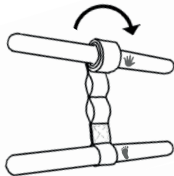
Small adjustments

The hand stick is firmly connected to the belt. In order to make small adjustments, you can roll up the band. Easy!



Big adjustments

The foot stick is loose and can be inserted into the different sections of the band, in order to make bigger adjustments.



1. WARM UP

Do these three exercises before every stretching session. Moving for a couple of minutes will warm up your body for best results!



Scan QR Code on the backside
for videos of the exercises



1.1. Hamstrings Warm Up

Warming up the backside of your legs brings the best stretching results:

- move one leg up and down
- keep your knees next to each other
- the foot doesn't touch the floor

Minimum 30 Reps on both sides.



1.2. Relaxing Thigh Stretch

Relaxes your thighs and hamstrings:

- lift one foot up & grab it with your hands
- pull foot up, until you feel a soft stretch in your thighs

Hold for 30s on both sides.



1



2



3

1.3. Alternating Stretch

Bend forward with a straight spine, until you feel a soft stretch in your hamstrings:

- bend one leg, keeping the other straight
- after 1 second, switch to the other side
- upper body gently bounces up & down

Repeat for 1-2 minutes.

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2. STRETCHING



Scan QR Code on the backside
for videos of the exercises



2.1. Basic posture

Shorten the band to your current level of flexibility. Sit straight, lean back and tilt your hips forward to activate the stretch.



2.2. Dynamic Rolling

- start with the full length of the band
- roll forward as far as you can, while maintaining a straight spine
- roll back to the full length

Repeat 3x.

2.3. Static Stretch

Shorten the band by placing the foot stick into a closer section.

- softly activate the stretch
- hold for 10 deep breaths

Pause for 30s. Repeat 3x.





2.4. Relax The Neck

Sit in the Basic Posture (2.1.)

- lean your head to the side
- feel a soft stretch in the neck
- lower shoulders to deepen the stretch

Hold each side for 30 seconds.



2.5. Core Balance

Sit in the Basic Posture (2.1.)

- lift your legs off the floor
- hold balance and engage your core
- Variation: lift your legs up higher

Hold for 30 seconds.

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3. YOGA



Scan QR Code on the backside
for videos of the exercises



3.2. Cat Cow

(Marjaryasana – Bitilasana)

- sit in the „Basic Posture“ (2.1.)
- fully round your back and look down
- feel the amazing stretch in your back
- lift your head back up & arch the spine

Repeat 10x times.



3.6. Butterfly Pose

(Baddha Konasana)

- remove the foot stick from the band
- loop the band by connecting its loose end to the hand stick
- place both your feet into the loop
- sit upright and push into your knees



3.7. Shoulder Opener

(Gomukhasana variation)

- hold your FlexBuddy behind your back with one hand
- with your other hand, reach for the lower part of the band
- pull on the band and lift up your chest



3.8. Boat Pose

(Navasana)

- sit in the „Basic Posture“ (2.1.)
- slowly lift your legs up
- adjust the length of the band as needed
- find balance and activate your core

Breathe and hold for 30s.



3.9. Twisted Boat Pose

(Parivrtta Navasana)

- sit in the „Basic Posture“ (2.1.)
- slowly lift your legs up
- release one hand and twist to the side
- find balance and activate your core

Breathe for 10s, then switch sides.



4. WRIST TRAINING

4.1. Wrist Warm Up

1. rotate wrists
2. stretch inside
3. stretch outside
4. shake both wrists



4.2. Forearm Training

- roll forward, then roll back to the full length of the band
- roll forward again, but this time, turn the hand stick in the other direction

Repeat 5x in both directions.





4.3. Grip Strength

- sit in the „Basic Posture“ (2.1.)
- grab the hand stick with only 2 fingers of each hand
- gently pull back

Change to any combination of 2 fingers to strengthen your grip.



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5. MASSAGE



Scan QR Code on the backside
for videos of the exercises



5.1. Foot Massage

Sit on a chair or stand upright. Step on the the foot stick and roll back and forth. Try different levels of pressure. **Foot massage improves blood circulation, stimulates muscles, reduces tension and often eases pain.**



5.2. Thigh Fascia Massage

- grab the foot stick with both hands
 - place the stick on your upper thigh
 - gently press the stick into the muscle
 - massage forward, then release
- Massage the top and sides of the muscles.

5.3. Calve Fascia Massage

- start at your upper calve
 - gently press the stick into the muscle
 - massage forward, then release
- Improves blood circulation and tightens tissue & skin.

LOVED BY EVERYONE

„I could instantly feel the wonderful stretch in my legs. I never imagined that I would regain my flexibility. But I did!“



*Philipp, Blacksmith
73 Years*



„I practice a lot of yoga. FlexBuddy helps me to achieve challenging postures and also strengthens my lower back.“



*Verena, Yogateacher
34 Years*



All ages.
All body sizes.
All flexibility levels.

ABOUT US: We believe that flexibility is a cornerstone of overall well-being. Improved flexibility enhances health, reduces the risk of injury, and promotes better posture.

We are proud to offer high-quality, eco-friendly products. Each product we bring to life is designed with nature in mind. That's why all our packaging is 100% recycled and recyclable.

Our mission is to promote a healthier lifestyle for you and a healthier planet for everyone.

Thank you for being a part of it!



FACEBOOK: Join our Community Group with people from all over the world. It's a great place to ask questions and get first-hand feedback from other „FlexBuddys“.

INSTAGRAM: Mention us in your posts and stories and we will share them on Instagram. Let's connect: @myflexbuddy



Facebook Group:
FlexBuddy Community



Instagram:
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Free Exercise Videos:
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