



# The fast track to a top figure & endurance TRAINING PLAN



We recommend the following nine exercises for home. Each is equally well suited for beginners, intermediates and athletes. As you progress over time, you can carry out the movements with greater speed, power and explosiveness. Most exercises include variations that can be used to intensify the training effect. To see best results in the muscular and locomotive system, we recommend two to three weekly training sessions of approx. 20 minutes each (but not longer than 40 min.). For beginners, however, one set (12 – 20 repetitions per exercise) is absolutely enough during the first 20 training sessions. The workload can then be raised to three sets per exercise.

If you suffer from any of the following ailments, we recommend that you consult with a physician before taking up the exercise: spinal disc problems, acute inflammation of the shoulder and spinal cord area, pregnancy or massively raised blood pressure. To prepare joints and your cardiovascular system somewhat, breathe deeply three to four times, lift your arms above your head and shrug your shoulders in a circular motion several times toward the rear. Orient yourself based on the stance and grip positions as described. It's important that the wrists are always held straight so that the flowing mass within the anodized aluminium tubes can be flung back and force with force. The strike of the mass against the plastic cap must be clearly audible. The delayed strike activates all of the muscles at work in the wrist. This protects the joint. For further information visit [www.flexi-sports.com](http://www.flexi-sports.com). The XCO® always trains arm, shoulder and buttock musculature. Each exercise also brings additional specific muscle groups into the training mix. For specific information on this please see the following exercises. From all of us at FLEXI-SPORTS®, have fun training!

## Exercise 1: Arms – Abdominals

**Starting position:** Right leg forward, left leg behind, arm positions mirror opposite. Toes pointed forward, heels slightly raised in the back.

**Movement:** Keeping the elbows as still as possible, the mass is jerked with both arms back and forth in a dynamic motion. Afterward bring the left leg forward and repeat the exercise.

## Exercise 2: Chest – Shoulder Girdle

**Starting position:** Wide stance, knees slightly bent. Both arms with slightly bent elbows positioned near the body.

**Movement:** Careful! When crossing dynamically at chest level, a distance of approx. 10 cm must always be maintained between the XCO®s. Alternate between crossing one time with the right one, one time with the left on bottom.

## Exercise 3: Intensive Waistline

**Starting position:** Wide straddle, tighten glutes. Knees slightly bent, toes pointed outward. Bring both arms to one side.

**Movement:** With slightly bent elbows, throw both XCO®s dynamically and parallel from one side to another. The upper body moves along with it slightly.

## Exercise 4: Entire Abdominals

**Starting position:** Wide straddle, tighten glutes. Knees slightly bent, toes pointed outward. Grip both XCO®s parallel, but without hand straps.

**Movement:** Elbows slightly angled. Parallel to the ground at stomach level, move both XCO®s (or just one) back and forth dynamically.

## Exercise 5: Legs – Bottom

**Starting position:** Feet spread to shoulder width, glutes tightened, bring both XCO®s above your head parallel with arms extended.

**Movement:** Bring the XCO® dynamically toward the floor, bending both knees at the same time and bringing the glutes as deeply as possible toward the floor. Immediately thereafter re-establish the pressure dynamically from the heels.

## Exercise 6: Total Body

**Starting position:** Wide straddle, tighten glutes. Knees slightly bent, toes pointed outward. Left arm guides the XCO® back at eye level turned up.

**Movement:** The opposite leg is drawn dynamically to the center of the body. The left arm with XCO® tosses the loose mass past the raised right thigh. Once the set is completed, switch to the other arm and leg.

## Exercise 7: Biceps – Triceps

**Starting position:** See exercise 1. Both elbows are brought to shoulder height, bent and in front of the shoulders.

**Movement:** Both elbows are extended almost completely toward the floor through dynamic use of the XCO®s and then are returned to a bent position as much as possible.

## Exercise 8: Chest – Bottom

**Starting position:** Lying on back, heels pressing on the ground and knees bent, shoulder blades flat on the floor. Arms spread outwards with the XCO®s held at an angle, with elbows slightly bent.

**Movement:** See exercise 2.

## Exercise 9: Intensive Abdominals

**Starting position:** Lying on back, legs tightly together, heels pressing on the ground and knees bent. Bring arms with XCO®s (parallel) behind head, just above ground.

**Movement:** Roll entire upper body up dynamically, including the arms and XCO®, and then back down. Careful: Always ensure that the loose mass strikes the cap.

# XCO<sup>®</sup> Technique

## Fastening of the hand straps



1. Fasten the hand straps directly onto the thermal grip. Pull the Velcro tight.

TIP: Open the hand strap system (middle) before fastening onto the XCO-TRAINER<sup>®</sup>!



2. Pull hand strap (middle) tight from bottom to top along the entire rear of the hand.

TIP: Knuckles visible - second XCO-TRAINER<sup>®</sup> can be applied more easily by pressing against the stomach.



3. XCO-TRAINER<sup>®</sup> should remain in place even when the hand is opened.



## Grip variations



Thumb position: Neutral

TIP: Simplest method for learning the right XCO<sup>®</sup> movement. Frequently the most comfortable hand position.



Thumb position: Adduction

TIP: Primarily as an alternative to the neutral position.

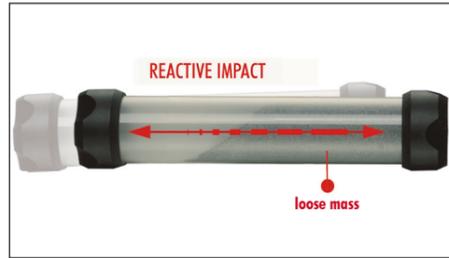
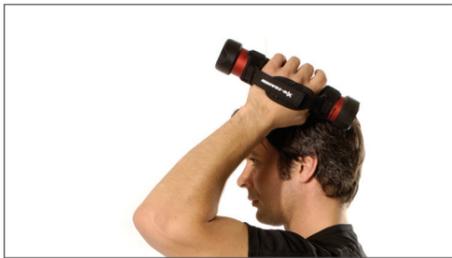


Thumb position: Clamp grip

**Important!** Extended use of the extreme clamp grip can lead to cramps in the forearm and shoulders and to an incorrect grip in the upper body (inward rotation).

**For this reason:** constantly change the thumb position.

## The XCO<sup>®</sup> Effect



The XCO-TRAINER<sup>®</sup> is now laid lengthwise along the body and is slung from front to back in a smooth motion. This back and forth slinging of the loose mass in the core of the XCO-TRAINER<sup>®</sup> creates the tangible REACTIVE IMPACT. It protects joints more effectively even while stimulating connective tissues, leading to healthier and more effective training.

It is a simple method for athletes to achieve quick, explosive training of the upper body.

## Advanced XCO<sup>®</sup> Exercises

### Exercise 1: Frog Jumps



**Starting position:** Knees bent (approx. 90°), allow arms to hang down slightly bent, palms facing body.

**Movement:** Basic jumps, move arms dynamically and parallel upward and then back down (approx. 30-60 sec.).

### Exercise 2: Butterfly Jumps



**Starting position:** Wide, deep stance, knees bent, upper body bent forward, arms below, palms facing forward.

**Movement:** Jump upward, snatching both arms upward to the sides and then back to starting position (approx. 30-60 sec.).

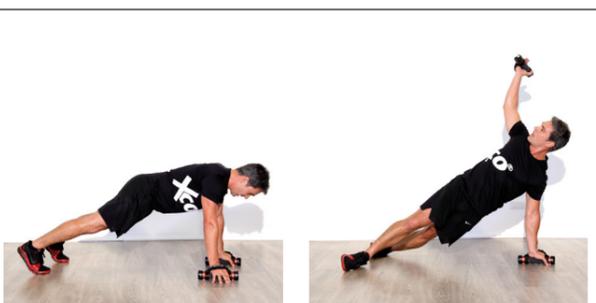
### Exercise 3: Lunge Scissors



**Starting position:** Lunge step forward, arms above head, palms facing forward.

**Movement:** Deep alternating scissor steps, moving arms downward along sides and then back up (approx. 30-60 sec.).

### Exercise 4: Plank Rotation



**Starting position:** Push-up position, arms extended, XCO-TRAINER<sup>®</sup> parallel to the body.

**Movement:** Remain braced on one arm, turn upper body upward to other side, move arm dynamically upward on side and then back to starting position (switch sides, approx. 30-60 sec. each).

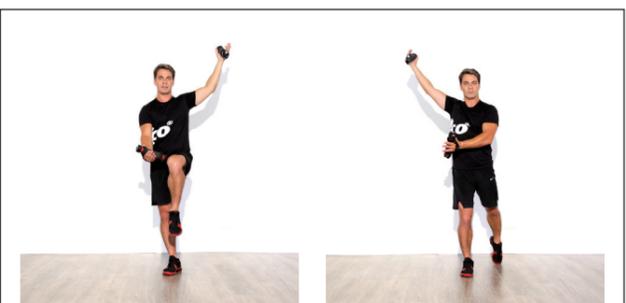
### Exercise 5: Diagonal Power Plank



**Starting position:** Push-up position, braced on one arm, other arm extended horizontally forward, the opposite leg extended horizontally toward rear.

**Movement:** Bend extended arm and leg and bring together under the body, then return to start position (switch sides, approx. 30-60 sec. each).

### Exercise 6: Diagonal Knee Jumps



**Starting position:** Standing on one leg, left thigh horizontally forward, bend knee to 90°, extend right arm to left knee, extend left arm upward.

**Movement:** Extend left leg backward and move right arm upward, move left arm in front of body then back to starting position (switch sides, approx. 30-60 sec. each).