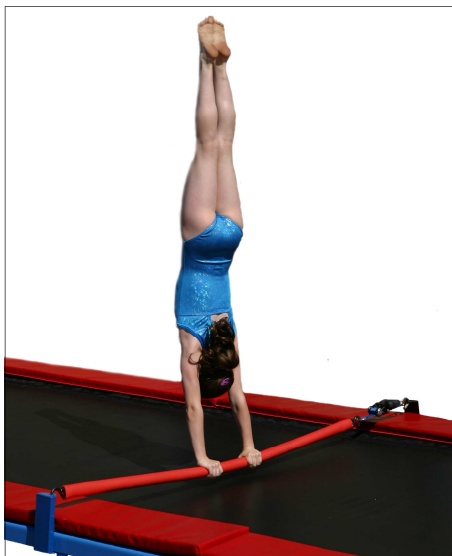


Quick Flex Bar

Drills, Skills, Stations, & Packages



Tumbl Trak's Quick Flex Bar is a great alternative to the Tumbl Trak Frame Bar. Its foam-covered strap is soft and very friendly for accidental landings. The Quick Flex Bar allows for lots of repetitions when learning to hit a handstand with open shoulders. Bouncing off the stomach helps develop cast handstand, back uprise handstands, and front giants. When practicing Tchatchevs, a common occurrence is hitting heels on the bar; this bar is SOFT - much friendlier for those heels!

As a drill that can help beginners get a backward roll, or a back extension roll with straight arms, set a Launch Pad with a Micro Ramp under it, on the Tumbl Trak. A Bungee Ramp or Bungee Incline can also be used to make this drill easier for beginners.

Soft Training = Smart Training!



Product Features:

- Easily attaches to the Original Tumbl Trak
- Ratchet system allows for adjustability
- Soft foam cover
- Includes handy storage bag



Tumbl Trak
Do It Again

The Quick Flex Bar in use...

The Quick Flex Bar can be used in so many different ways, some of which are demonstrated in these photos. For more stations and information about the Quick Flex Bar go to www.tumbltrak.com/training.



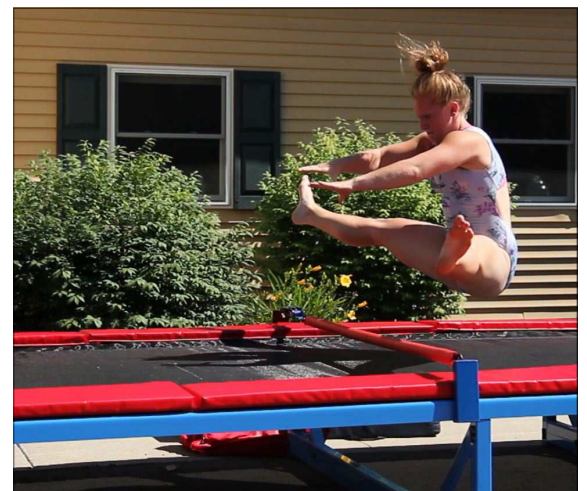
Backdrop



Pirouette



Bounce to handstand



Tchatchevs

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↑
more reps
less stress