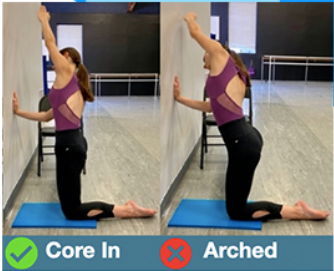


# WHY

## Use Alixa Flexibility?



Develop a fine eye for alignment



Learn how to prepare the body & protect from injuries



Find the best ways to help students unlock their potential

Become more confident in how to progress students of all different ages & abilities



Discover better ways to work with students with hyper mobility



# **BENEFITS** for Your Facility:



*Shows a commitment to student safety*

*Improved exam results*

*Provides instructors with a progressive curriculum & lesson plans*

*Enhances & supports other genres in your program*





# HOW to Use Alixa Flexibility in Your Program?



● *Incorporate AF directly into your regular classes*

● *Multi level classes are made easier with our modification exercises*

● *Upgrade your warmups & cool downs*

● *Use our exercises as circuit training*

● *Utilize exercises that compliment each genre*

● *Create a separate flexibility & strength class*

● *Perfect for camps & workshops*





# Using Alixa Flexibility as a **STUDENT**



*Practice flexibility correctly & safely at home*

*Work on making both sides of your body as equal as possible*



*Prepare for class by improving areas you struggle with*

*Become more aware of correct alignment*



*Build your strength to protect your body*



Parents -

# HOW *Alixa Flexibility Benefits Your Child:*



● *Teaches foundations that help protect the body for life*

● *Allows them to develop their flexibility, while balancing it with strength*

● *Focuses on alignment that will help them gain skills easier*

● *Helps them build more body awareness*

