

HOW TO START



FLEXBLOXING

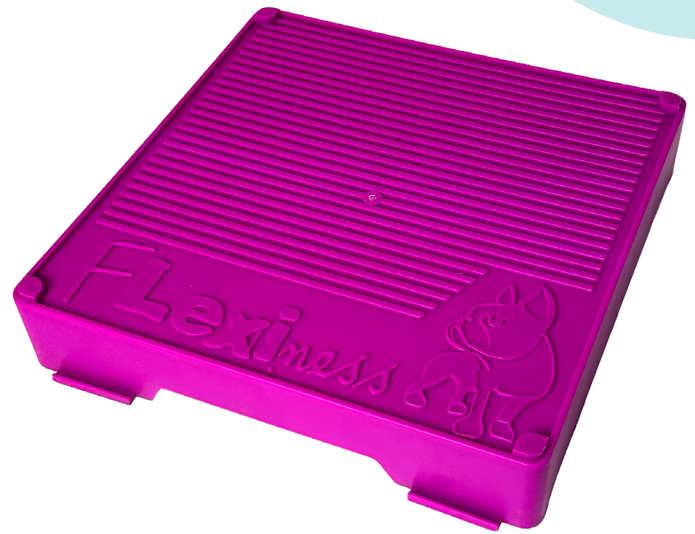
WHAT IS FLEXBLOXING®

FlexBloxing is a form of canine fitness training that primarily utilizes the versatile and variable FlexBlox platforms from Flexiness®.

During the execution of the prescribed FlexBlox routines, special attention is paid to correct posture and movement to target the appropriate muscles. It's a full-body workout that not only brings enjoyment but is also easily and creatively structured through the stable, square FlexBlox, aiming to strengthen muscle strength, fitness, coordination, communication, and bond between dog and handler. As the levels progress, the demands increase, and with the Connection Exercises, distance is also gradually integrated.

FlexBloxing is a training concept suitable for dogs of all ages (starting at 6 month), breeds, and fitness levels. It's advantageous if the dog already has knowledge of basic canine fitness exercises (basic positions & movement sequences). However, these basics can also be learned using the FlexBlox beforehand.

The FlexBlox platforms can be easily clicked and stacked together, allowing for quick and effortless adjustment to the dog's size, level, and the specific exercise. Additionally, for advanced teams, combinations with other Flexiness® equipment (StackingBar, TwinDisc, etc.) are possible to make the training even more diverse and challenging.



And because a standard program isn't enough for us, we offer this as a Championship program as well! you and your dog(s) can earn different titles based on the level, achieved through the correct execution of prescribed routines/choreographies.

Basic requirements?

- Basic positions & movement sequences
- Platform training & Equipment
- Body language & Handling

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**PRACTICE
PERFORMANCE
PERFECTION**
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#1

BASIC POSITIONS & MOVEMENT SEQUENCES

Before starting it is important for dog and handler to know and be able to execute the basic canine fitness exercises correctly. FlexBlox builds upon this by combining exercises in a dynamic sequence of movements.

But why is it important for the basic positions to be known before starting with FlexBlox?

- Before exercises can be combined, each individual position must be executed perfectly to prevent incorrect positions.
- Incorrect sequences and positions do not properly engage the body. We aim to prevent this with correct execution.

However, so that everyone can start with FlexBlox, in our videos, each routine is broken down into the individual stations, and of course, we point out what to focus on during execution. This way, beginners can first work on the individual building blocks before they are assembled. But FlexBlox is not an introduction into Canine Fitness

Experienced teams can, of course, start directly with the routines.

FlexBlox Dynamix

As we advance to the higher levels, we incorporate increasingly dynamic movement sequences into our routines. Consequently, it is essential for the dog to be acquainted with distance work.

We integrate Connection Exercises with distance work, directing the dog to perform tasks at a distance and then return to a specified position.

REQUIRED BASICS

- Stack on Plattform
- Front Up
- Rear Up
- Back Up
- Rockback Sit
- Tucked Sit
- Down
- Sidestepping
- Pivot
- Circle (around an Object)



**SET YOURSELF UP
FOR SUCCESS!
MASTER THE BASICS!**



#2

PLATFORM TRAINING & EQUIPMENT

Once the dog is familiar with the basic movement sequences and positions we can start with FlexBlox on the stable FlexBlox platforms.

The FlexBlox aid in ensuring that the desired movements are executed precisely and accurately, as they restrict the dog's movement within the area.

Movements should always be performed slowly and with control. If speed is desired, it is only introduced once the exercise can be performed correctly at a slow pace.

With each level, the routines become more challenging, and in addition to distance work, we also introduce unstable equipment in combination with the FlexBlox.

For safety it is important to always work on non-slip surfaces. Both the platforms and the surrounding area should be non-slippery.



With its texture the FlexBlox surface provides some grip but the use of SensiMats or rubber mat, especially for beginners and more excitable dogs, is highly recommended.

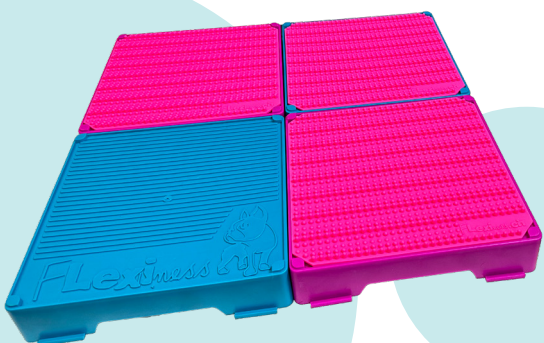
You want to start but how many FlexBlox will you need?

We are aware, that you might not have enough FlexBlox for all setups.

The amount of FlexBlox needed also depends somewhat on the size of the dog. All set ups can and have to be adjusted to the dogs size.

With 6-8 pieces, most routines should be achievable for dogs of all sizes. That may sound like a lot, but you can also start with fewer pieces or share with a friend. I must add, they can be quite addictive and creating new setups is a lot of fun.

If you want to apply for the champion title(s) you have to present the routines on the FlexBlox. But of course you can train on other, similar equipment too.



#3

BODYLANGUAGE & HANDLING

FlexBloxing is not only a mental challenge for the dog the handler also has to perform and work focused.

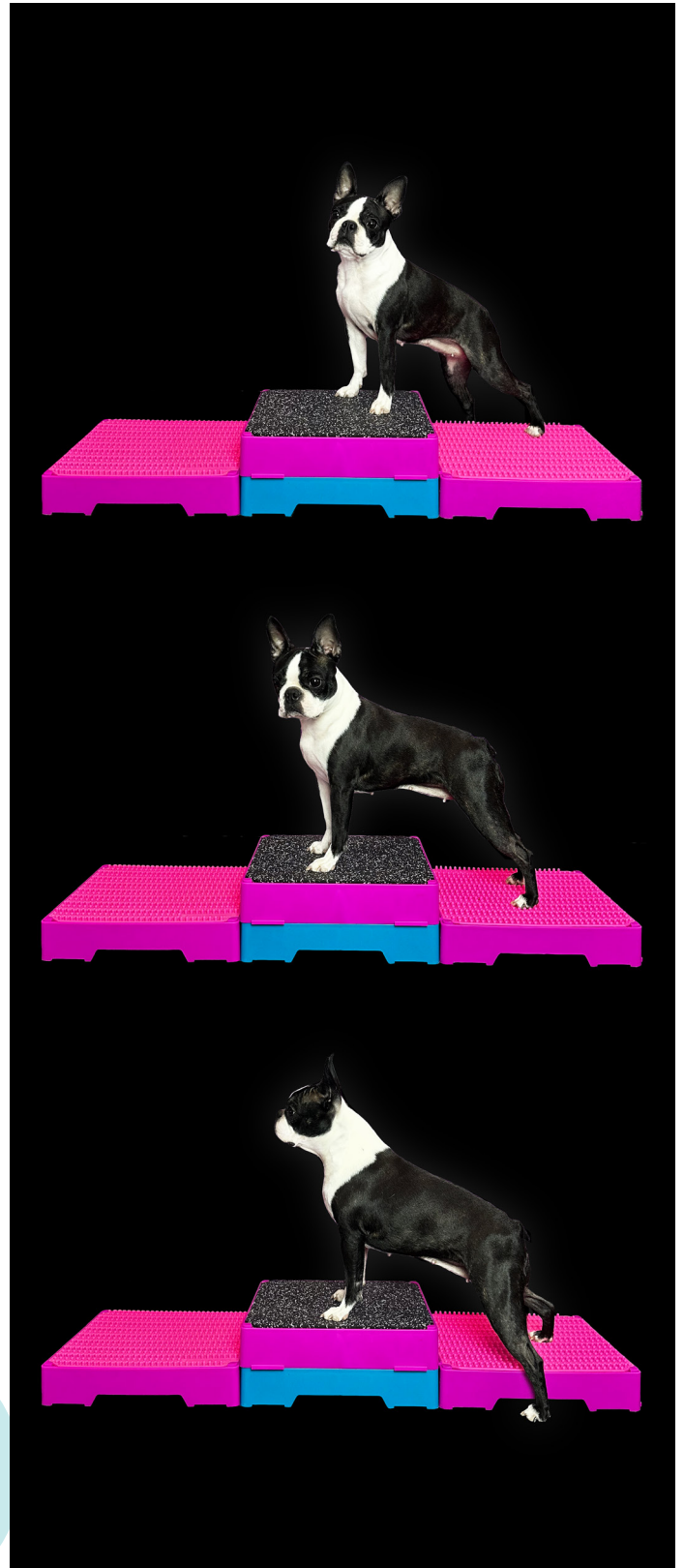
As with all Connection Exercises, we **guide the dog with body language and give only minimal commands.**

The work is always calm and focused and mostly non-verbal. This demands good teamwork and trust.

The handler's posture influences that of the dog, so hand, arm, leg, and foot positions are important. Actually when the handler shifts weight so does the dog.

So in FlexBloxing we're not only talking about how the dog has to perform but also how the handler has to move. This makes it difficult but also very interesting and fun.

The better a team harmonizes, the smoother the flow of the routines.



“**BALANCE
IS KEY!**”



HOW TO BECOME A CHAMPION

In order to become a certified FlexBloxChampion, the following requirements must be met:

- Attendance of the respective workshop or participation in the online course.
- There you will learn the required routines/choreos that need to be learned, permitted equipment and what is taken into account during the exam.
- For multi-dog owners, of course, this only needs to be done once per level.
- You determine the duration of the training phase yourself.
- Registration for the examination (Dog has to be 12 month or older).

You can only register for a title examination if the above points are fulfilled. The series of levels must also be adhered to.

Examination

The examination takes place either live in our studio, live online via Zoom or via submitted video. Routines have to be made on Flexiness®FlexBlox equipment. Between the routines there will be pauses.

Acceptance/testing is carried out by a certified FlexBloxing expert.



Title

If you passed you will receive a certificate (PDF & printout) and a medal after the title has been awarded.

You don't want to do the exam?

No problem! You can participate anyway and decide later if you want to apply for the title.





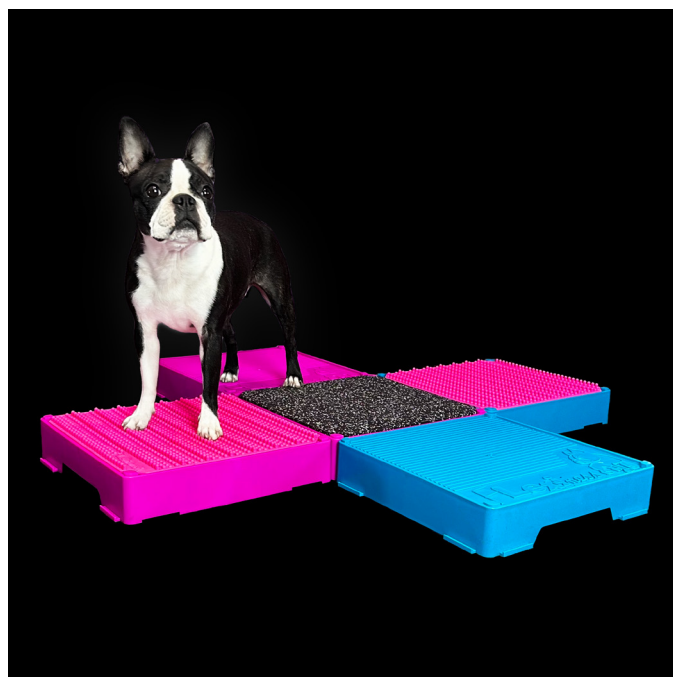
KATHARINA MATTIOLI AND THE CONCEPT BEHIND FLEXBLOXING®

Where Passion Meets Purpose

FlexBloxing was born as a unique fusion of two passions. At its core lies the concept of intertwining two fervent pursuits: the thrill of dogshows and the dedication to canine fitness. The idea behind FlexBloxing emerges from my desire – to seamlessly blend these two realms and strive towards a common objective.

Imagine the exhilarating journey of training, where every session becomes an opportunity to sculpt not only the physical prowess of our dogs but also to nurture the bond between handler and dog. FlexBloxing isn't just about achieving individual milestones; it's about embarking on a shared adventure, whether undertaking the challenge alone or alongside like-minded friends.

Central to the essence of FlexBloxing is the idea of growth – not just as individuals, but as a cohesive team. It's about fostering



an environment where each member, human and canine alike, can flourish and evolve together. Through dedication and perseverance, the team progresses towards their collective goal, each step forward a testament to their unwavering commitment and mutual trust.

In the realm of FlexBloxing, training sessions aren't just about honing skills; they're about crafting unforgettable experiences. Whether it's the exhilarating rush of mastering a new routine in great form or the joy of witnessing the seamless synchrony between handler and dog, every moment is infused with the essence of shared accomplishment.

**“
WITHOUT
CHALLENGE
THERE IS NO
PROGRESS
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FLEXBLOXING®

CANINE FITNESS CHALLENGE

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