

# Arm Curl **bicep**

**start:** stand in staggered stance with handle under front foot. grasp the opposite handle with one hand and straighten the arm along side of body.

**finish:** bend elbow and lift lower arm toward chest, keeping elbow close to side of body. return to start and repeat.



# Arm Extension **tricep**

**start:** stand hip width apart, knees slightly bent. grasp handles and place behind head with arms forming a 90 degree angle, palms facing in.

**finish:** straighten arms until parallel with floor ending with palms facing up. return to start and repeat.



### IMPORTANT!

Please read the instructions below before using the Ultra Toner™

- Before each workout check for possible wear on tubing.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Make sure the tubing is secure in hand/under or around foot before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding breath while exercising.
- Consult your physician before beginning any type of exercise program.

### Exercise Instruction

1. Mimic all exercises without the Ultra Toner™ until proficiency is exhibited with each movement.
2. Perform 1–3 sets of 8–12 repetitions during each exercise session. Rest approximately 30–60 seconds between each set.
3. If unable to accomplish 8 repetitions, select an Ultra Toner™ of lighter resistance. If unable to achieve moderate to maximal muscular fatigue following the completion of 12 repetitions, select an Ultra Toner™ of greater resistance.

### Disclaimer:

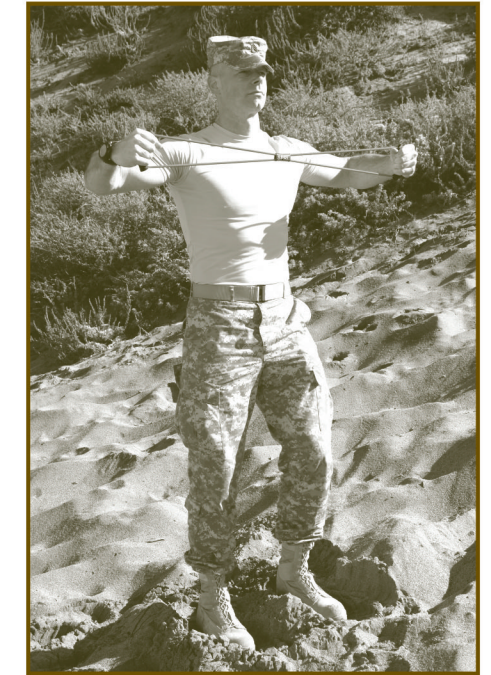
SPRI Products, Inc. assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program

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# ultra toner Fitness Field Pack



**SPRI**® Strength Training with the SPRI® Xertube®

# Shoulder Press **deltoid**

**start:** stand hip width apart, knees slightly bent. hold one handle at waist and other handle in front of body at chest height.

**finish:** press arm straight overhead ending with thumb pointing backward. avoid over extending shoulder or locking elbow. return to start and repeat.



# Chest Press **pectorals**

**start:** stand hip width apart, knees slightly bent. grasp handles and place behind back below shoulder blades, hands just outside shoulder width, palms facing in.

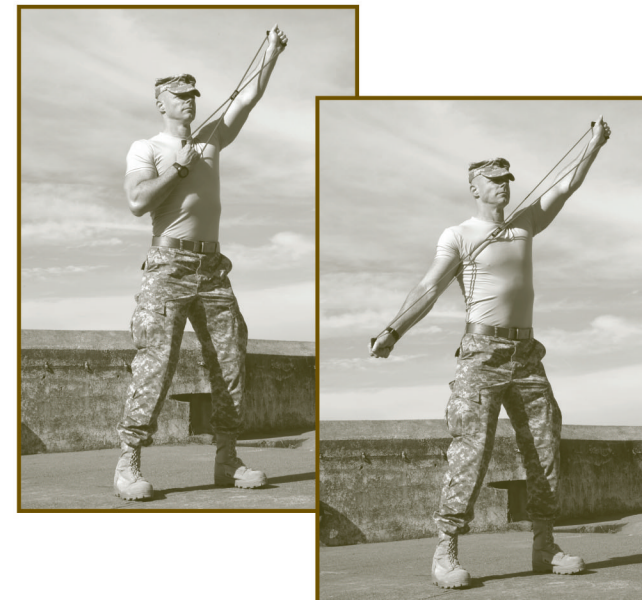
**finish:** press arms forward, rotating shoulders ending with palms facing down. return to start and repeat.



# Low Back Pull Down **latissimus dorsi**

**start:** stand hip width apart, knees slightly bent. grasp each handle and extend one arm above head. bend opposite arm and position hand in front of same side shoulder.

**finish:** pull bent arm down and back, ending with hand in front of same side hip. return to start and repeat.



# Mid Back Pull **rhomboids mid trapezius**

**start:** stand hip width apart, knees slightly bent. grasp each handle, extend arms and hold out in front of body at chest height, palms facing in.

**finish:** pull arms back and out to sides of body until hands are aligned with shoulders. return to start and repeat.

