

Arm Curl

start: stand in a staggered, narrow or wide stance. place tubing under arch of front foot, or both feet, and soften knees. grasp handles and position hands at side of body.

finish: bend elbows and curl arms up in front of body to shoulder height. keep wrists firm and elbows at sides. return to start and repeat.



Arm Press Up

start: stand in a staggered lunge stance. place tubing under back foot and soften knees. grasp handles and position hands behind the head, palms facing inward, thumbs down, and elbows above shoulders. keep upper arms along sides of head.

finish: slowly straighten arms upward, while rotating forearms outward and palms forward. end with your arms straight, hands above head, elbows slightly bent, and palms facing forward.



IMPORTANT!

Please read the instructions below before using the Xertube®

- 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 secured under your 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 xertube® 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. For the least amount of resistance, stand on tube with one foot; for the most resistance stand on tube with both feet, hip width apart.
4. If unable to accomplish 8 repetitions, modify your foot placement on tube or select an Xertube® of lighter resistance. If unable to achieve moderate to maximal muscular fatigue following the completion of 12 repetitions, modify your foot placement on tube or select an Xertube® of greater resistance.

Disclaimer:

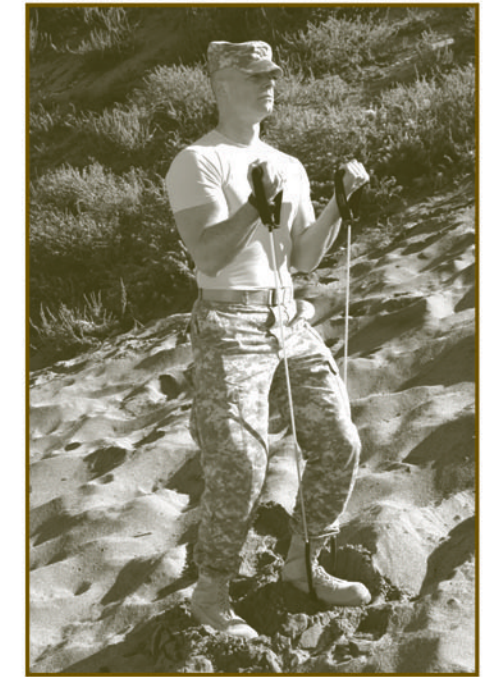
SPRI Products, Inc. assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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Fitness Field Pack

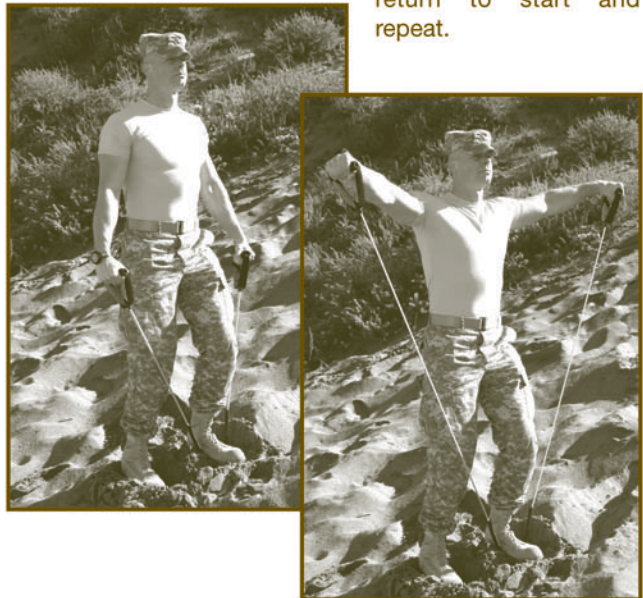


SPRI® Strength Training with the SPRI® Xertube®

Side Raise

start: stand in a staggered, narrow or wide stance. place tubing under arch of front foot, or both feet, and soften knees. grasp handles and position hands at side of body with thumbs pointing forward.

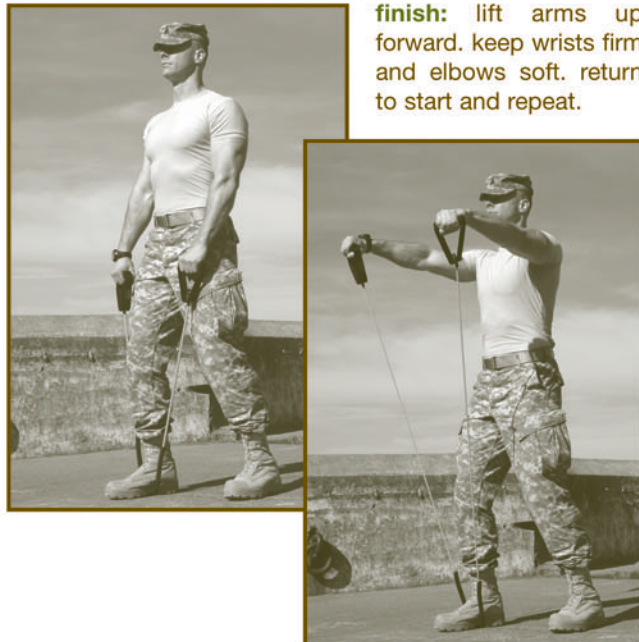
finish: lift arms up and away from sides of body no farther than shoulder height. keep wrists firm and elbows soft. return to start and repeat.



Front Raise

start: stand in a staggered, narrow or wide stance. place tubing under arch of front foot, or both feet, and soften knees. grasp handles, palms facing thigh, arms extended directly under shoulders.

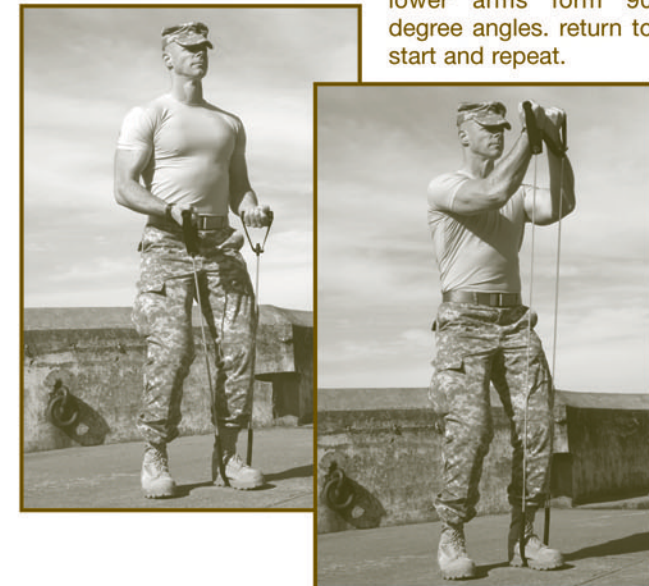
finish: lift arms up and forward. keep wrists firm and elbows soft. return to start and repeat.



Chest Flye

start: stand in a staggered, narrow or wide stance. place tubing under arch of front foot, or both feet, and soften knees. grasp handles and position arms in a 90 degree angle at sides of body with palms facing up.

finish: raise arms up and together. squeeze pectorals by touching forearms together at mid-chest height. keep elbows bent throughout entire exercise with wrists firm. palms of hands end facing head at eye level. upper and lower arms form 90 degree angles. return to start and repeat.



Lunge

start: stand in a staggered stance and position one foot on tubing and the other (exercise leg) slightly behind body. grasp handles and position at shoulder height in front of body.

finish: take a drop step back and land on ball of foot. bend knees and lower to form a 90 degree angle with upper and lower portion of each leg. keep shoulder blades squeezed together, head and chest forward. forward knee should not extend beyond toes. push back up to start and repeat.

