

SPRI®

BALANCE TRAINER

EXERCISE GUIDE



- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

EXTENDED TUCK



START: Sit with the hips centered directly on top of the Balance Trainer. Lean back slightly, then lift one leg at a time until the body is in a bent knee, V-sit position. Place hands on the sides of the Balance Trainer for stability.

FINISH: Holding the V-sit position, slowly extend the knees and lower the torso in one controlled movement. Keep the chin tucked into the chest and core engaged. Return to starting position and repeat.

UNSTABLE PUSH-UP



START: Turn Balance Trainer on the dome so that the platform is facing up. Begin in a plank position with the hands grasping the recessed grips on the sides of the platform.

FINISH: Extend the arms, engage the core and push-up. Hold for 5 seconds, then bend the elbows and lower the body back down. Press back up to a straight-arm position and hold while maintaining good body alignment. Repeat.

#BETTEREVERYDAY

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SPIDER PLANK



START: Turn Balance Trainer on the dome so that the platform is facing up. Making sure you have a firm grip on the extended side handles, come into plank position.

FINISH: Lift foot and draw knee towards the outside of the elbow and turn head to look at foot. Place foot back in plank position and repeat on other side.

LEG EXTEND AND TUCK



START: Place Balance Trainer platform side down. Sit with the hips centered directly on top of the Balance Trainer. Lean back slightly, then lift one leg at a time until the body is in a bent knee, V-sit position. Place hands on the sides of the Balance Trainer for stability.

FINISH: Holding the V-sit position, slowly raise the legs and point the toes directly in front of the body. Keep the movement slow and controlled. Don't allow the lower back to round during the exercise. Repeat.

LATERAL CRUNCH



START: Place Balance Trainer platform side down. In a side-lying position, center the waist directly on top of the Balance Trainer with legs extended in a supportive position and hands behind head.

FINISH: Slowly lift the torso and flex to the side. Slowly lower back down. Avoid pulling the head and neck. Repeat.