

SPRI[®]

FLEXIBLE BOOTY BAND

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 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.

KICK UPS



Leaning on the palms and knees, the Booty Band on the left knee and the tip of the right foot, lift the right leg. Then place the Booty Band on the right knee and the tip of the left foot.

FLOOR BICYCLE



START: Sit on floor, supporting self on the forearm, Booty Band on the tip of the feet.



FINISH: Alternatively bend and stretch the legs forward.

#BETTEREVERYDAY

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BRIDGE



START: Lie flat on the floor with your knees bent and your feet flat on the floor. Place the Booty Band just above the knees.



FINISH: Raise your hips so that your body forms a straight line from your shoulders to your knees. Pause for 5 seconds then lower your body back to the starting position.

PLANK LEG LIFT



START: Start in push-up position but bend your elbows and rest your weight on your forearms instead of your hands. Place Booty Band around your ankles.



FINISH: Lift the left leg off the floor then repeat on the right leg.