

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/arm 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.

HIGH STEP



Start: Place band around arches of feet. Stand upright with feet hip-width apart and knees slightly bent.



Finish: Slowly bend leg and lift knee up and in front of hip while balancing on opposite leg. Return slowly to start position and repeat.

SIDE STEP



Start: Place band around lower legs slightly above ankles. Stand with feet hip-width apart and knees slightly bent.



Finish: Slowly step outward away from side of body with one leg while keeping opposite leg stationary. Return slowly to start position and repeat.

FRONT STEP



Start: Place band around lower legs slightly above ankles. Stand with feet hip-width apart and knees slightly bent.



Finish: Slowly step forward with one leg and bend knees while keeping foot of opposite leg stationary. Return slowly to start position and repeat.

SPRI MINI BANDS

EXERCISE GUIDE

BACK STEP



Start: Place band around lower legs slightly above ankles. Stand with feet hip-width apart and knees slightly bent.



Finish: Slowly step backward with one leg and bend knees while keeping foot of opposite leg stationary. Return slowly to start position and repeat.

HIP ROTATION



Start: Place band around lower legs slightly above ankles. Stand upright with feet hip-width apart and knees slightly bent.



Finish: Slowly bend, lift and rotate leg up and out alongside of body while balancing on opposite leg. Return slowly to start position and repeat.

WALKING PUSH-UP



Start: Place band around forearms just above wrists. Straighten arms and position hands directly below shoulders with feet positioned hip-width apart and body straight.



Finish: Lift and reach one hand up and away from opposite hand, reposition hand on floor, bend arms and lower body toward the floor. Straighten arms while lifting and moving hand back under shoulder to start position, and repeat.

