

# SPRI

# TOTAL BODY RESISTANCE KIT



## EXERCISE GUIDE

- Warm up before each exercise session. Perform each selected exercise 3–5 times without the Total Body Resistance Kit.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal amount of exercise repetitions in both directions to avoid the development of muscular imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. 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.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Total Body Resistance Kit exercise session.

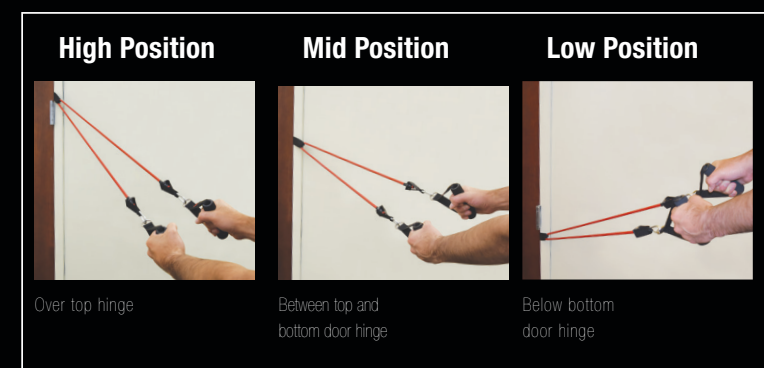
BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

## BE SURE TO:

1. Use a solid, safe, and secure door structure that is capable of supporting your body weight.
2. Anchor the product from, and use the product on, the non-hinge side of the door.
3. Pull firmly on the strap before each exercise to ensure door anchor is fully secured in the desired position (LOW, MIDDLE, HIGH).

## DOOR ANCHORING:

1. PUSH door open.
2. Fully insert Door Anchor between door and door frame (LOW, MIDDLE, HIGH).
3. PULL door toward you and close tightly.
4. Pull firmly on strap to ensure Door Anchor is secured tightly against opposite side of door and door frame before performing each exercise.



### CHEST PRESS

*Door Anchor: Mid Position*

**START:** Stand with feet hip-width apart and back to door. Grasp each handle, palms facing down and position at chest height, with elbows bent just below shoulders.

**FINISH:** Press arms straight forward in front of body, ending with hands in front of shoulders and palms of hands facing down. Return to start and repeat.

### BACK FLY

*Door Anchor: Mid Position*

**START:** Stand with feet hip-width apart, facing door. Grasp handles with palms facing down and arms straight out in front of shoulders.

**FINISH:** Bend elbows and pull arms straight back, squeezing shoulder blades together. Return to start and repeat.

### Shoulder Press

*Door Anchor: Low Position*

**START:** Stand with feet hip-width apart and back to door. Grasp each handle and position hands outside shoulder width, palms facing forward and elbows below shoulders.

**FINISH:** Straighten arms overhead, ending with a slight bend in the elbows and hands directly above shoulders. Return to start and repeat.

### Front Pull-Down

*Door Anchor: High Position*

**START:** Stand with feet hip-width apart, facing door. Grasp handles and straighten arms, positioning hands directly in front of shoulders with palms facing down.

**FINISH:** Bend elbows and pull arms back and down, ending with hands at waist and palms facing backward. Return to start and repeat.

### Trunk Curl

*Door Anchor: High Position*

**START:** Kneel on floor with back to door. Grasp handles, crossing arms in front of chest, and position hands on top of shoulders.

**FINISH:** Bend at waist, curl upper body forward and down toward the floor. Return to start and repeat.

### Back Extension

*Door Anchor: Low Position*

**START:** Kneel on floor facing door. Grasp handles with arms bent in front of chest, and position hands in front of shoulders. Bend forward slightly at the waist and hips.

**FINISH:** Bend backward at waist and hips, ending with chest high and low back comfortably extended. Return to start and repeat.

#BETTEREVERYDAY

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# TOTAL BODY RESISTANCE KIT

## SIDE LEG RAISE

Door Attachment: Low Position



**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle farthest from the door. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly lift leg up and out away from side of body while balancing on opposite leg with arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## FRONT LEG SWEEP

Door Attachment: Low Position



**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Lift leg up and out away from side of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms slightly bent in front of body.

**FINISH:** Slowly pull straight leg down and in front of opposite leg while continuing to balance with arms bent, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## OUTWARD HIP ROTATION

Door Attachment: Low Position



**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle farthest from the door. Cross straight leg in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend and lift leg up and out away from side of body with knee at hip height directly above ankle while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## INWARD HIP ROTATION

Door Attachment: Low Position



**START:** Stand with feet hip-width apart, shoulder facing door, knees slightly bent and strap around ankle closest to door. Extend leg out and away from side of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend and lift leg up and in toward middle of body with knee at hip height directly above ankle while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## LEG EXTENSION

Door Attachment: Low Position



**START:** Stand with feet hip-width apart facing away from door, knees slightly bent and strap around one ankle. Bend leg and lift knee up and forward in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly straighten leg out in front of body while continuing to balance on opposite leg with arms straight, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## LEG CURL

Door Attachment: Low Position



**START:** Stand with feet hip-width apart facing door, knees slightly bent and strap around one ankle. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend leg and lift heel up and behind body while balancing on opposite leg with arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## HIP EXTENSION

Door Attachment: High Position



**START:** Stand with feet hip-width apart facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up and forward in front of body while balancing on opposite leg. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly straighten leg down and back under same side hip while continuing to balance on opposite leg with arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

## KNEE LIFT

Door Attachment: Low Position



**START:** Stand with feet hip-width apart facing away from door, knees slightly bent and strap around one ankle. Stand upright with back straight, head over hips and arms straight along sides of body.

**FINISH:** Slowly bend leg and lift knee up and forward in front of body with knee directly in front of same side hip while balancing on opposite leg. Keep arms straight along sides of body, back straight and head over hips. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FINISH:** Slowly bend leg and lift knee