**SINGLE LINE**

Stand with two feet inside ring at end of line, hop forward and land softly on balls of feet inside the next ring, immediately hopping forward from ring to ring in a continuous manner. Jump, land and turn inside last ring, then immediately repeat in opposite direction.

**DOUBLE LINE**

Stand with one foot inside each ring at end of line, hop forward, pull feet together and apart while in air and land softly on balls of feet inside next pair of rings, then immediately hop, pull feet together and apart and land inside last pair of rings. Land, jump, and turn inside last pair of rings, then immediately repeat in opposite direction.

**DIAGONAL**

Stand on one foot inside ring at end of line and balance, hop forward diagonally, switch legs and land softly inside ring on ball of foot while crossing opposite leg behind body. Immediately hop forward diagonally in opposite direction and land softly inside ring, continuously alternating feet from ring to ring. Turn around at end and repeat in opposite direction.

**HOP-SCOTCH**

Stand on two feet just outside rings, hop forward, spread legs and land softly on balls of feet with one foot in each ring, then immediately hop forward in a continuous together/apart/together foot pattern. Land, jump, and turn on two feet inside ring at opposite end and immediately repeat continuous apart/together foot pattern in opposite direction.

**CIRCLE**

Stand on two feet in center of circle, hop outward and land softly on balls of feet inside ring, then hop back to center of circle on two feet and immediately hop inside another ring. Continue two-foot in and out hopping pattern from center of circle to ring until you have hopped inside all rings, then repeat.

**SQUARE**

Stand with one foot inside each middle ring, hop forward diagonally inside corner ring and land softly on ball of foot. Immediately hop backward diagonally and land softly inside corner ring on ball of same foot. Continue forward/backward hopping from middle rings to corner ring with same foot until you have hopped inside each corner ring, then switch and hop diagonally inside corner rings with opposite foot.

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**Exercise Instruction**

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform every movement in a safe and controlled manner.

- If unable to complete a movement for a minimum of 20 seconds perform the movement more slowly, or take more rest between movements.
- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

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