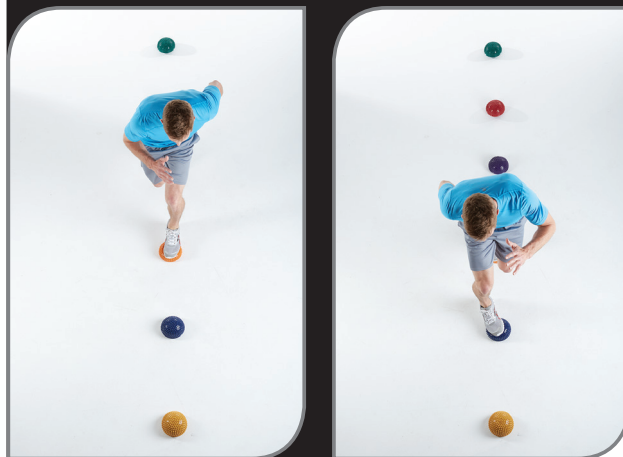


EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
 - Complete 1-3 sets of 8-12 activity patterns of each exercise selected.
 - Rest approximately 30-60 seconds between each exercise set.
 - Perform each exercise in a controlled manner.
 - If unable to complete 8 activity patterns, increase rest time or decrease number of activity patterns.
- OR—
- If unable to achieve moderate to maximal fatigue following the completion of 12 activity patterns, decrease rest time or increase number of activity patterns.
 - 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.

SINGLE LINE



Stand on one foot on pod at end of line, lift heel off floor and balance. Hop (or walk) forward, switch legs and land softly on ball of opposite foot. Immediately hop (or walk) forward alternating feet from pod to pod in a continuous manner. Upon completion of activity pattern, turn around at end of line and repeat in opposite direction.

DOUBLE LINE



Stand with one foot on each pod at end of line, lift heels off floor and balance. Hop (or walk) forward, land softly on balls of feet with heels off floor and balance. Repeat and hop (or walk) forward onto the last pair of pods, then turn around and repeat in opposite direction.

DIAGONAL



Stand on one foot on pod at end of line, lift heel off floor and balance. Hop (or walk) forward diagonally, switch legs, land softly on ball of opposite foot and balance. Hop (or walk) forward diagonally alternating feet from pod to pod in a continuous manner. Upon completion of activity pattern, turn around at end and repeat in opposite direction.

SPRI BALANCE PODS

EXERCISE GUIDE

HOPSCOTCH



Stand on one foot on end pod, lift heel off floor and balance. Hop (or walk) forward, spread legs and land softly on balls of feet with one foot on each pod and balance. Hop (or walk) forward in a continuous together/apart foot pattern. Upon completion of activity pattern, turn around at end and repeat in opposite direction.

CIRCLE



Stand on one foot on middle circle pod, lift heel off floor and balance. Step outward toward outer circle pod with opposite foot while continuing to balance on middle circle pod. Step back to middle circle pod, then step outward toward another outer circle pod while continuing to balance on middle pod with same foot. Continue stepping in and out of middle of circle with same foot until you have stepped on all outer circle pods. Switch middle circle balance foot and repeat.

SQUARE



Stand with one foot on each middle pod, lift heels off floor and balance. Balance on one middle pod and step forward diagonally toward corner pod with opposite foot. Step back to middle pods, switch balance foot and step backward diagonally with opposite foot. Continue stepping on all four corners in a continuous forward and backward diagonal pattern, switching balance foot each time you come back to middle pods.