

SPRI DYNAMIC
RECOVERY
BALANCE PAD
EXERCISE GUIDE

Exercise Instruction

- As a warm-up before each session, perform each selected exercise 3–5 times without the Balance Pad.
- 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 number of exercise repetitions with each arm/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—
- 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 Balance Pad exercise session.

FRONT PLANK



Start: Kneel on floor, bend arms and place elbows and forearms on pad. Position shoulders above elbows and knees behind hips with back straight and toes on floor.



Finish: Slowly straighten legs, lift knees off floor, and straighten body while keeping arms and head stationary. Return slowly to start position and repeat.

SIDE PLANK



Start: Lie on side on floor, bend bottom arm and place elbow and forearm on pad. Straighten legs, position bottom leg and hip on floor with hand of top arm on hip and shoulder of bottom arm above elbow.



Finish: Slowly lift hips upward and bottom leg off floor, straighten body while keeping arms and head stationary. Return slowly to start position and repeat.

HIP/BACK EXTENSION



Start: Lie face down on floor and place hips and stomach on pad. Straighten legs and bend arms with elbows, forearms, chin, and toes on floor.



Finish: Slowly lift arms and legs off floor while raising head and feet upward. Return slowly to start position and repeat.

PUSH UP ARM LIFT



Start: Lie face down on floor, place one hand on pad with opposite hand on floor. Position hands slightly wider than shoulder-width apart with body straight, feet hip-width apart and toes on floor.



Finish: Slowly straighten arms, lift hand off floor, bend and raise elbow upward while balancing on opposite arm. Return slowly to start position and repeat.

ABDOMINAL CURL



Start: Lie on back on floor and place hips and low back on pad. Bend legs; lift feet off floor and position knees directly above hips with head and shoulders on floor and arms crossed against chest.



Finish: Slowly lift head and shoulders off floor, curl upper body up and forward toward legs while keeping lower body stationary. Return slowly to start position and repeat.

OPPOSITE ARM/LEG LIFT



Start: Kneel on floor, bend legs and place knees on pad. Straighten arms directly below shoulders with hips over knees, back straight and toes off floor.



Finish: Slowly straighten and lift one leg up and back while raising opposite arm straight up along side of head. Keep hips, back and head stationary. Return slowly to start position and repeat.