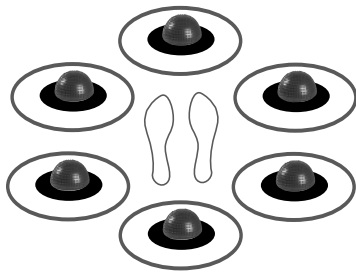


Circle Pattern



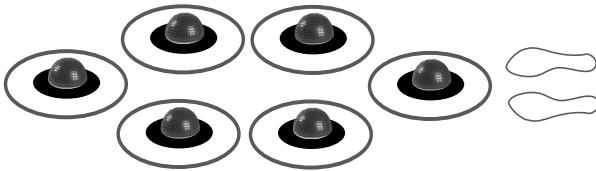
Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rhythmic
- Reaction
- Agility
- Quickness

Diamond Pattern



Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rhythmic
- Reaction
- Agility
- Quickness

TRAINING INSTRUCTIONS

For Balance Pods, Agility Dots, or Agility Rings

#1 - Select a specific activity pattern. Configure the products according to the pattern diagram.

#2 - Choose one of the six types of Movement listed below each diagram that best suits your current ability level.

#3 - Select one of the six types of Activity that corresponds best with the selected Movement and your conditioning goals.

ACTIVITY GUIDELINES

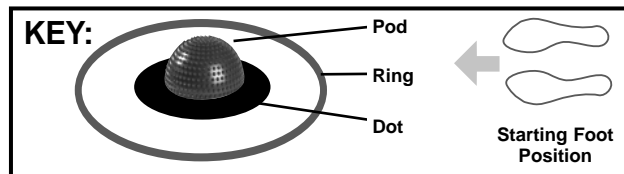
- Warm-up the body, stretch the muscles and gradually increase the heart rate before each activity session.
- Perform all activities at half-speed until proficiency is exhibited.
- Perform all activities on balls of feet with heels slightly elevated from the floor.
- Be sure to use arms to complement the lower body's rate, rhythm and direction of movement.
- Alternate lead foot for all activities to insure development of both dominant and non-dominant side movement patterns.
- Perform activity sessions a total of 1-3 times per week with a minimum of 48 hours rest between activity sessions.

CAUTION

User Liability: SPRI® Products, Inc. disclaims any liability for any injury occurring due to the use of the Balance Pods, Agility Dots or Agility Rings.

Be sure to closely review the instructions, diagrams, and corresponding captions before using products.

If you have any questions, please call SPRI® Products at 800-222-7774 and speak with a customer service representative before using the Balance Pods, Agility Dots, or Agility Rings.



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SPRI®

BALANCE PODS, AGILITY DOTS, & AGILITY RINGS

INSTRUCTION SHEET

Developed by Greg Niederlander

IMPORTANT!

Please read the instructions below before using the Balance Pods, Agility Dots, & Agility Rings!

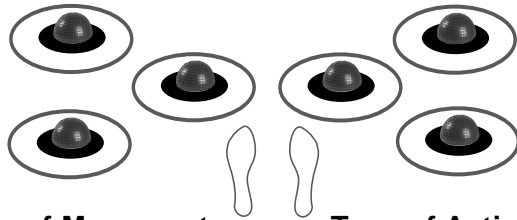
- Consult your physician before beginning any type of exercise program.
- Wear appropriate footwear while performing all activities.
- Perform only the activities shown on this sheet or other SPRI® produced informational resources.
- Set up the Balance Pods, Agility Dots or Agility Rings on a flat, even, impact-absorbing surface. Avoid placing products on hard concrete or soft, rutted turf.
- Never allow yourself to become breathless while performing activities. Rest if you become short of breath. Discontinue activities immediately if you become faint or dizzy.
- Discontinue all activities if you experience any persistent pain or discomfort.
- Consult your physician before beginning any type of exercise program.

Call our toll-free number or visit our website for more information on SPRI® Products or to receive your SPRI® catalog.

SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774

www.spriproducts.com

Square Pattern



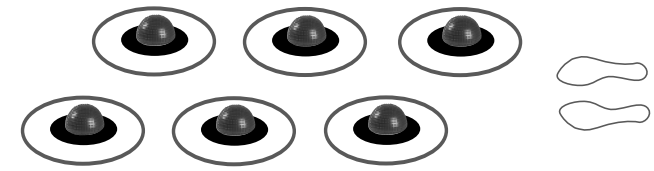
Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness

Diagonal Pattern



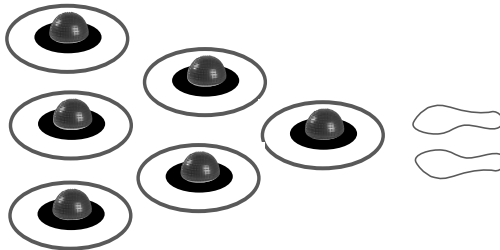
Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness

Triangle Pattern



Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness

Single Line Pattern



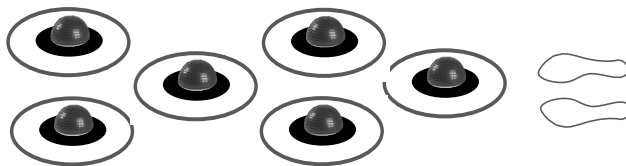
Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness

Hop-Scotch Pattern



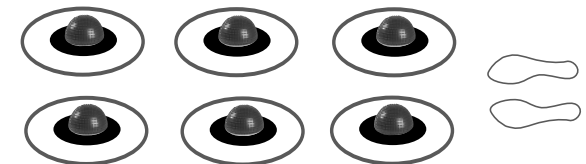
Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness

Dual Line Pattern



Type of Movement

- Step / Touch
- Walk
- Hop (2 / 1 leg)
- Skip
- Jump (2 / 1 leg)
- Run

Type of Activity

- Balance
- Coordination
- Rythmic
- Reaction
- Agility
- Quickness