



### Front Leg Lift (Hip Flexors/Quadriceps)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Position arms along sides of body, or place one hand on a wall for increased stability.

**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up and forward. End with knee at hip height and lower leg perpendicular to the floor. Return to start and repeat.



### Back Leg Lift (Hamstrings/Gluteals)

**Start:** Secure straps around ankles and stand with feet hip width apart. Bend exercise leg and place ball of foot on floor just behind hip. Keep arms bent at sides of body, or place one hand on a wall for increased stability.

**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly extend and press opposite leg up and back behind body. End with leg straight behind body and toes pointed toward floor. Return to start and repeat.

## Exercise Instruction:

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Braided Lateral Resistor.
  - Complete 1–3 sets of 8–12 repetitions of each exercise set.
  - Rest approximately 30–60 seconds between each exercise set.
  - Perform every exercise through a full range of motion.
  - Perform an equal number of exercise repetitions with each 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 select a Lateral Resistor which provides a lesser amount of resistance.
- 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 or select a Lateral Resistor which provides a greater amount of resistance.
  - Perform each exercise a minimum of 3 times per week for maximum results.
  - Allow 24–48 hours of complete rest between each Lateral Resistor exercise session.

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

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**Disclaimer:** SPRI (A Gaia Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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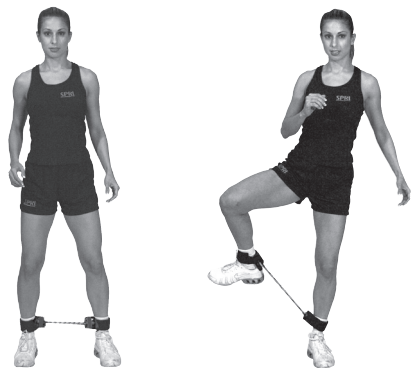
# SPRI®

## Braided Lateral Resistor Instruction Sheet

### IMPORTANT!

**Please read the instructions below prior to using the Braided Lateral Resistor!**

- Before each workout, check for possible wear of the Lateral Resistor.
- Always perform general warm-up activities prior to performing Lateral Resistor exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Avoid exposing the Lateral Resistor to rough or abrasive surfaces.
- Wear appropriate footwear while using the Lateral Resistor.
- Make sure the Lateral Resistor ankle straps are secure around ankles before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.



### Side Leg Lift (Abductors/Gluteals)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Keep arms bent at sides of body, or place one hand on a wall for increased stability.

**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up and out, away from side of body. End with knee just below hip height. Return to start and repeat.



### Side Step (Abductors)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Keep arms bent at sides of body, or place one hand on a wall for increased stability.

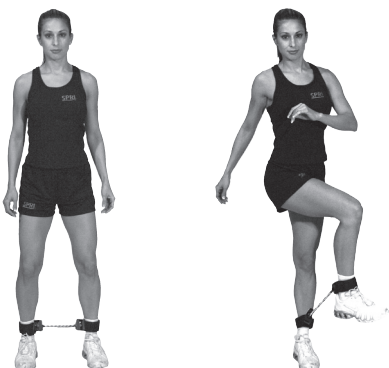
**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step out and away from side of body with opposite leg and distribute body weight onto ball of foot. Keep knees slightly bent, hips down and shoulders square. Return to start and repeat.



### Front Step (Quadriceps/Hamstrings/Gluteals)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Keep arms bent at sides of body, or place one hand on a wall for increased stability.

**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step forward with opposite leg and allow heel of back leg to raise from the floor. Drop hips and bend legs to right angles, and then immediately push up and back with front leg. Return to start and repeat.



### Cross Leg Lift (Adductors)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Position arms along sides of body, or place one hand on a wall for increased stability.

**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up, forward and across front of body. End with knee just below hip height and lower leg perpendicular to the floor. Return to start and repeat.



### Cross Over Step (Adductors/Gluteals)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Position arms along sides of body, or place one hand on a wall for increased stability.

**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step forward and across front of body with opposite leg. Keep knees slightly bent, hips down and shoulders square. Return to start and repeat.



### Back Step (Quadriceps/Hamstrings/Gluteals)

**Start:** Secure straps around ankles. Stand with feet hip width apart and knees slightly bent. Keep arms bent at sides of body, or place one hand on a wall for increased stability.

**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step backward with opposite leg and allow heel of back leg to raise from the floor. Drop hips and bend legs to right angles, and then immediately push up and forward with front leg. Return to start and repeat.