IGNITE
SPRI
POWER RESISTANCE CORD
EXERCISE GUIDE

EXERCISE INSTRUCTION
- Warm up before each session by performing each selected exercise 3-5 times without the Power Resistance Cord.
- Complete 1-3 sets of 6-12 repetitions at each exercise selected.
- Note: 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 in order to avoid the development of muscle imbalance.
- If unable to complete 12 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a Power Resistance Cord that provides lesser amounts of resistance.

SIDE STEP
Start: Stand in a moderate stance with feet hip width apart. Pull the tubing around under legs, under feet and bend knees slightly. Grasp handles with arms and position hands in front of shoulders.
Finish: Slowly step out and away from side of body with lining the left and position feet. Return to start position and repeat.

TRUNK TWIST
Start: Stand in a wide stance with feet hip width apart. Pull the tubing behind you from under front foot. Bend knees slightly. Grasp handles with arms and position hands in front of shoulders.
Finish: Slowly rotate entire body up and down. Inhale as body lengthens. Exhale as body lengthens. Continue up and down until a count of 30 is reached. Return to start position and repeat.

ARM CURL FRONT RAISE
Start: Stand in a staggered stance. Place tubing securely under upper back foot and bend front knees slightly. Grasp handles with both arms and position hands in front of shoulders.
Finish: Slowly curl front and raise arms up and straighten. Return to start position and repeat.

REAR LEG LIFT
Start: Stand in a moderate stance with feet hip width apart. Position tubing securely under upper back foot and bend knees with feet hip width apart. Grasp handles with both arms and position hands in front of shoulders.
Finish: Slowly curl body from hips and lift right leg off the floor. Raise right leg up and off. Return to start position and repeat.

BENT OVER ROW
Start: Stand in a wide stance with feet hip width apart. Pull tubing securely under upper back foot and bend front knees slightly. Grasp handles with arms and position hands in front of shoulders.
Finish: Slowly bend body over arms up and stop when reaching fingers at the waist. Cross one leg forward, bring arms forward with hands up. Slowly lower arms forward.

LUNGE PRESS
Finish: Slowly straighten legs and extend arms up and stop when reaching fingers at the waist. Cross one leg forward, bring arms forward with hands up. Slowly lower hands forward.

FOOT POSITIONING
- Moderate Stance
- Staggered Stance
- Wide Stance