

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, 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 decrease repetitions.

—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 increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

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FRONT SQUAT LIFT

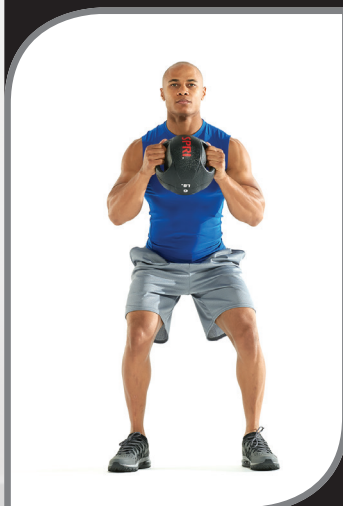


Start: Stand with feet shoulder-width apart. Hold one handle in each hand with arms straight and ball between knees directly below shoulders. Keep hips and shoulders square with knees bent.



Finish: Slowly raise arms forward and overhead while straightening legs and pushing hips forward. Keep wrists firm, arms straight, and abdominal muscles tight with head, shoulders and hips aligned. Hold 1-2 seconds, slowly return to start position and repeat.

ROTATING FRONT PRESS

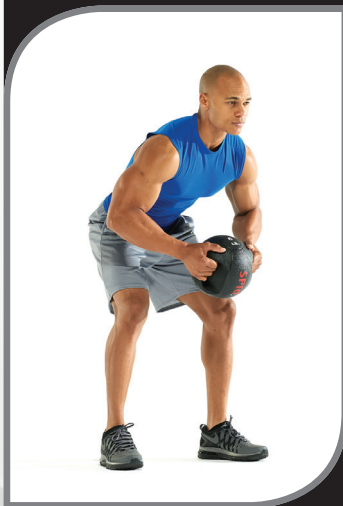


Start: Stand with feet shoulder-width apart. Hold one handle in each hand with arms bent and ball close to body just below chest height. Keep hips and shoulders square with knees slightly bent.



Finish: Slowly straighten arms directly in front of chest to one side of body while pivoting opposite leg and hips in the same side direction. Keep wrists firm and abdominal muscles tight, with head, shoulders and hips aligned. Hold 1-2 seconds, slowly return to start position and repeat in opposite direction.

ROTATING BACK PULL



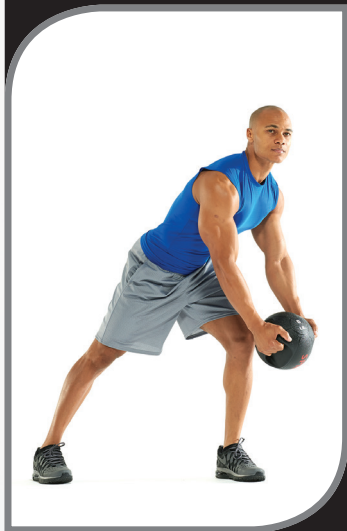
Start: Stand with feet shoulder-width apart. Hold one handle in each hand with arms bent, ball close to body just below chest height, and bend forward at the hips. Keep back straight, hips and shoulders square with knees slightly bent.



Finish: Slowly swing arms and upper torso upward to one side of body while pivoting at the waist in the same side direction. Keep wrists firm, arms bent, and abdominal muscles tight, with head, hips, and feet remaining stationary. Hold 1-2 seconds, slowly return to start position, and repeat in opposite direction.

SPRI DUAL GRIP XERBALL®

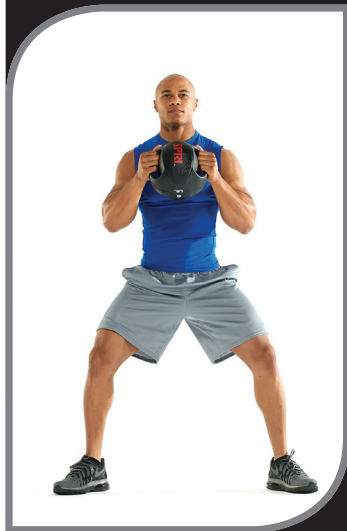
DIAGONAL LUNGE LIFT



Start: Stand with feet slightly wider than shoulder-width apart, bend one knee while keeping opposite leg straight and feet flat on floor. Hold one handle in each hand with arms straight and ball directly above foot of bent leg. Keep back straight, hips and shoulders square and bend forward at the hips.

Finish: Slowly raise arms forward and upward over opposite side shoulder while straightening leg and rotating at the waist in the same side direction. Keep wrists firm, arms straight and abdominal muscles tight, with head, shoulders and hips aligned. Hold 1-2 seconds, slowly return to start position and repeat.

SIDE LUNGE PRESS

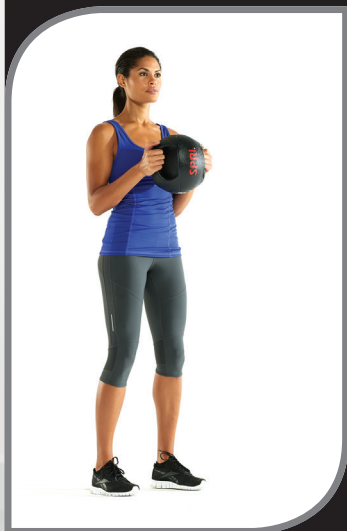


Start: Stand with feet slightly wider than shoulder-width apart. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with knees slightly bent.

Finish: Slowly straighten arms directly in front of chest to one

side of body while rotating at the waist and bending same side knee. Keep wrists firm, abdominal muscles tight, opposite side leg straight with head and shoulders aligned. Hold 1-2 seconds, slowly straighten leg, return to start position and repeat in opposite direction.

FRONT LUNGE REACH



Start: Stand with feet hip-width apart. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with knees slightly bent.

Finish: Slowly step forward with one leg, lift back heel off floor and bend knees, while

straightening arms downward and forward over front leg and bending forward slightly at the hips. Keep wrists firm and abdominal muscles tight with head above shoulders and knees aligned with feet and hips. Hold 1-2 seconds, slowly straighten legs, return to start position and repeat.

FRONT LUNGE PRESS



Start: Stand with feet hip-width apart. Step forward with one leg, lift back heel off floor and bend knees. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with front knee over toes and back knee off floor.

Finish: Slowly straighten legs,

push upward and backward off front leg to standing upright position while straightening arms directly over head. Keep wrists firm and abdominal muscles tight with head above shoulders and knees aligned with feet and hips. Hold 1-2 seconds, slowly step forward, bend legs, return to start position and repeat.