**FITBAG EXERCISE GUIDE**

**Exercise Instruction**
- 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 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.
- 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.

## SQUAT

**Start:** Place bag on top of shoulders and hold ends. Position feet shoulder-width apart, straighten legs, stand upright with back straight and head over hips.

**Finish:** Slowly bend legs with knees over feet, push hips back with low back slightly arched, chest high and eyes looking straight ahead. Pause, straighten legs and slowly return to start position.

## JUMP SQUAT

**Start:** Place bag on top of shoulders and hold ends. Position feet shoulder-width apart, bend legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.

**Finish:** Quickly extend legs, push hips forward, point toes toward the floor and jump straight upward. Softly land with a toe/heel foot strike, bend knees and return to start position.

## LUNGE

**Start:** Place bag on top of shoulders and hold ends. Position feet hip-width apart, straighten legs, stand upright with back straight and head over hips.

**Finish:** Step forward with one leg and bend both knees with front knee over toes and back knee above floor directly under hip. Keep back straight with head over hips; straighten legs and return to start position.

## JUMP LUNGE

**Start:** Place bag on top of shoulders and hold ends. Step forward and position one foot in front of body, bend both knees with front knee over toes and back knee above floor. Keep back straight with head over hips.

**Finish:** Quickly extend legs, push hips forward, point toes toward the floor and jump straight upward while switching leg positions in the air. Softly land with a toe/heel foot strike, bend knees, jump and return to start position.

## SIDE LUNGE

**Start:** Place bag on top of shoulders and hold ends. Position feet hip-width apart, legs slightly bent, with back straight and head over hips.

**Finish:** Step to the side and slightly forward with one leg, bend knee while keeping the opposite leg straight and foot flat on floor. Keep back straight with head over hips; push up, straighten and scissor legs together and return to start position.

## SIDE JUMPS

**Start:** Place bag on top of shoulders and hold ends. Balance on one leg and cross opposite leg behind body with toes on floor. Keep back straight with head over hips; push up, straighten and scissor legs together in alternative cross leg position. Push off to opposite side and return to start position.

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