

IGNITE

BY SPRI

FITNESS MAT

EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up before each session, perform each selected exercise 3–5 times without the Stretch Strap.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest 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/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–

- 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.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Fitness Mat exercise session.

LEG STRETCH (ANTERIOR)

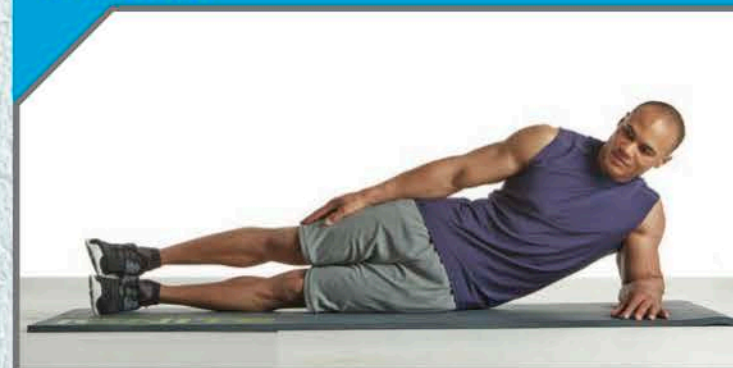


Start: Sit and position middle loop of strap around ball of foot, lie on stomach on mat and bend leg. Straighten opposite leg, hold one end-loop in each hand and bend arms while resting on elbows with head and shoulders off mat.

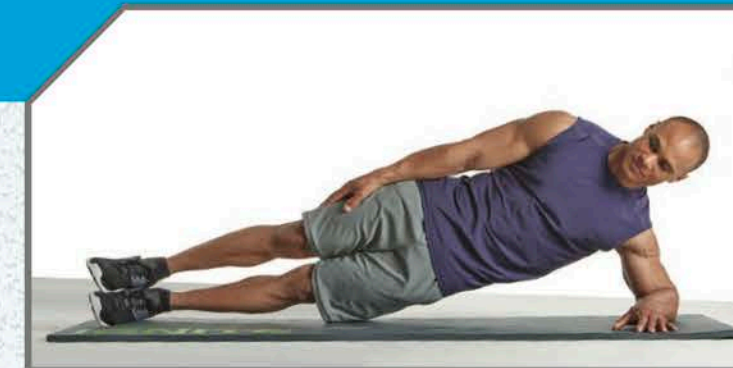


Finish: Slowly straighten arms and raise bent leg up off mat while bringing heel toward buttock. Hold for 2–3 seconds, return slowly to start position, and repeat.

SIDE PLANK

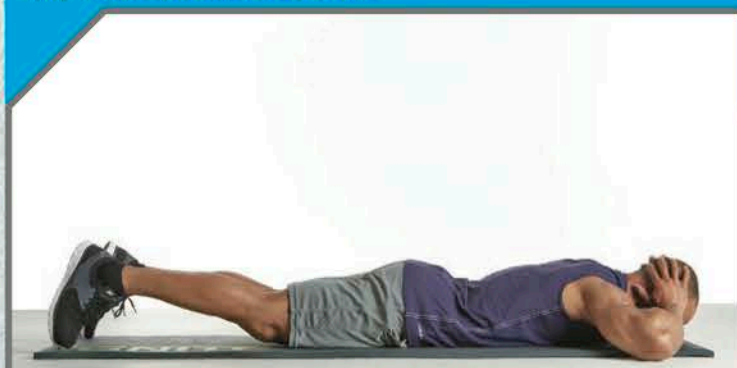


Start: Lie on side on mat with legs straight, bottom arm bent with elbow directly below shoulder and top arm straight along side of body.



Finish: Tighten abdominal and oblique muscles, lift hips upward and straighten body while raising leg off mat. Hold for 1–2 seconds, return slowly to start position, and repeat.

HIP/BACK EXTENSION

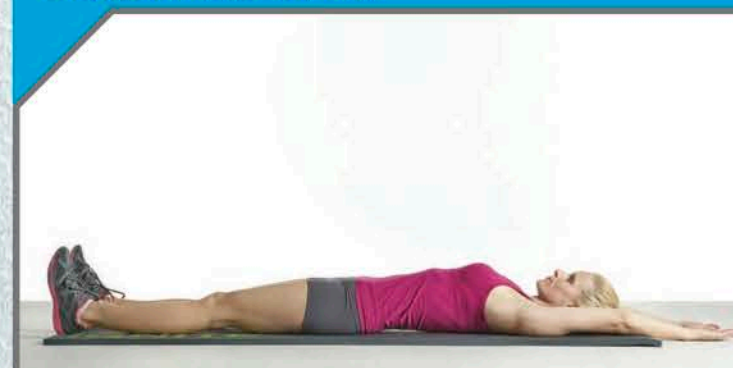


Start: Lie on stomach on mat with legs straight, arms bent, hands behind head, and chin resting on mat.



Finish: Tighten low back muscles, simultaneously raise feet, legs, chest, arms and head upward off mat. Hold for 1–2 seconds, return slowly to start position, and repeat.

STRAIGHT LEG SIT-UP



Start: Lie on back on mat with legs straight, arms extended overhead with head and shoulders resting on mat.



Finish: Tighten abdominal muscles; simultaneously raise straight arms and legs upward off mat while bringing ribs toward hips. Hold for 1–2 seconds, return slowly to start position, and repeat.

LEG STRETCH (POSTERIOR)

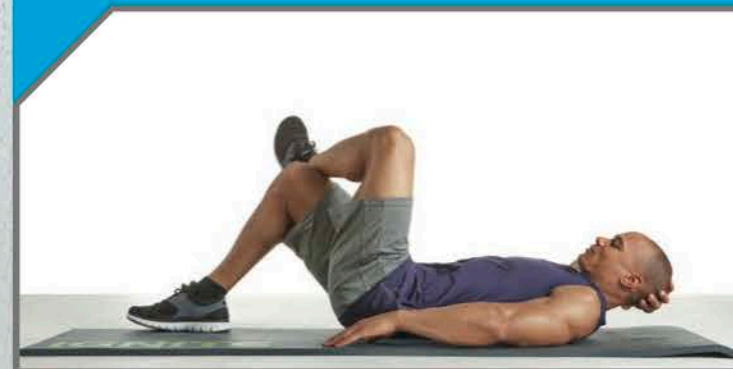


Start: Sit and position middle loop of strap around ball of foot, lie on back on mat and straighten leg. Bend opposite leg and place foot flat on floor, hold one end-loop in each hand and straighten arms along sides of body.



Finish: Slowly bend arms and raise straight leg up and back over hip while keeping opposite foot, head, and shoulders on mat. Hold for 2–3 seconds, return slowly to start position, and repeat.

SIT-UP TWIST



Start: Lie on back on mat, bend and cross leg with opposite foot flat on mat. Bend arm and place hand behind head with opposite arm straight on mat along side of body.



Finish: Tighten abdominal muscles, slowly raise head and shoulders up and forward while rotating at the waist bringing elbow toward opposite side knee. Hold 1–2 seconds, return slowly to start position, and repeat.