

EXERCISE INSTRUCTION

- As a warm-up before each exercise session, perform each selected exercise 3-5 times without the band.
- 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.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or select a band that 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 band that 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 band exercise session.

ARM CURL (Biceps)



Start: Sit on floor with knees comfortably bent. Place the SPRI Flat Band around both feet (or one foot if increased length is desired) and grasp each end, palms facing in, arms extended forward toward legs.



Finish: Keep elbows stationary, bend arms and pull hands toward shoulders while turning palms upward. Hold 1-2 seconds and slowly return to start position.

ARM EXTENSION (Triceps)



Start: Sit on floor with knees comfortably bent. Hold the SPRI Flat Band with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.



Finish: Keep elbows stationary, straighten arms until hands are aligned with shoulders, being careful not to lock the elbow joint. Hold 1-2 seconds and slowly return to start position.

CHEST PRESS (Pectorals)



Start: Sit on floor with knees comfortably bent. Place the SPRI Flat Band behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.



Finish: Press both arms forward, rotating the shoulders inward during the movement, ending with palms facing down. Keep shoulder blades together through entire movement. Hold 1-2 seconds and slowly return to start position.

SHOULDER PRESS (Deltoids)



Start: Sit on floor with knees comfortably bent. Place the SPRI Flat Band under the buttocks. Hold band with both hands and position just above shoulders. Keep palms facing forward and band along inside of upper arms.



Finish: Press arms up and back overhead while turning palms toward each other. End with arms directly over shoulders. Hold 1-2 seconds and slowly return to start position.