

# SPRI CROSS TRAIN GRAVITY TRAINER PRO

## Exercise Guide

- Warm-up 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 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 select exercise sets or select an anchor position 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 an anchor position 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 exercise session.

## Door Anchoring

- PUSH door open.
- Fully insert Door Anchor (Position 1, 2, 3, or 4) over top of door between door and door frame.
- PULL door toward you and close tightly.
- Pull firmly on strap to ensure Door Anchor is secured tightly against opposite side of door and door frame before performing each exercise.
- Maximum weight capacity is 300lbs.

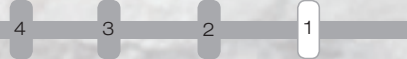
## LOWER BODY

(Anchor position may vary based on strength, body type and skill level)



### ONE LEG SQUAT

Door Anchor Position 1



**Start:** Face door, stand upright, feet hip-width apart, grasp handles, arms slightly bent.  
**Finish:** Straighten arms and sit back, bend and balance on one leg while extending opposite leg backward. Straighten leg and return to start position.



### LUNGE

Door Anchor Position 4



**Start:** Face away from door, place one foot in handle loop and bend leg, stand upright, straighten and balance on opposite leg. (Note: Place one hand on chair back for added balance.)  
**Finish:** Bend balance leg while keeping arms straight along sides of body. Straighten leg and return to start position.

## UPPER BODY

(Anchor position may vary based on strength, body type and skill level)



### CHEST PRESS

Door Anchor Position 3



**Start:** Face away from door, grasp handles, bend arms, lean forward while keeping body straight.  
**Finish:** Straighten arms down and forward while keeping body straight. Bend arms and return to start position.



### LOW ROW

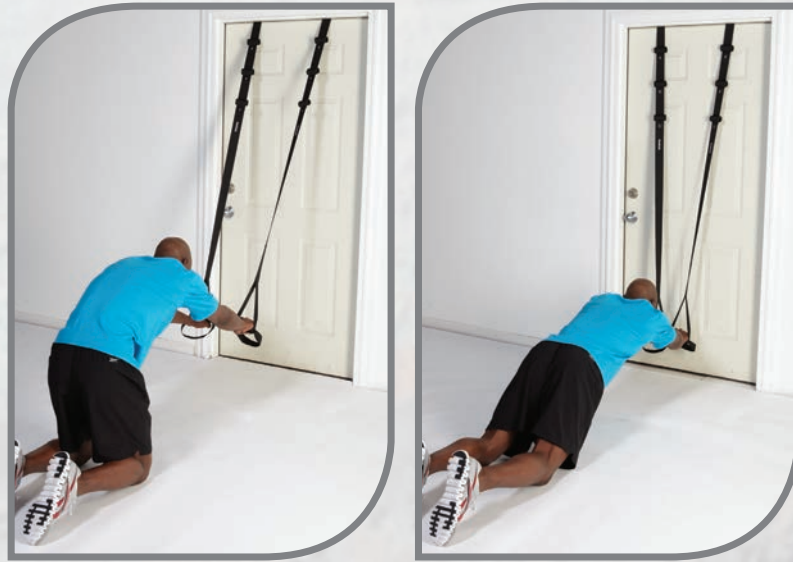
Door Anchor Position 3



**Start:** Face door, grasp handles, straighten arms and lean back with knees slightly bent and body straight.  
**Finish:** Bend arms along sides of body and pull hands toward chest; straighten legs while keeping body straight. Straighten arms and return to start position.

## TRUNK

(Anchor position may vary based on strength, body type and skill level)



### AB CRUNCH

Door Anchor Position 4

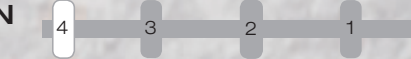


**Start:** Kneel facing door, grasp handles, straighten arms overhead and lean forward with legs bent and body straight.  
**Finish:** Pull arms straight down and back toward body, raise hips and upper body while pressing ribs toward hips. Lean upper body down and forward and return to start position.



### BACK EXTENSION

Door Anchor Position 4



**Start:** Kneel facing door, grasp handles, straighten arms overhead and lean forward with legs bent and body straight.  
**Finish:** Push hips forward, arch low back, pull arms backward, and straighten body with toes on floor. Push hips backward and return to start position.