F.I.S.T.® STANCE POSITIONS

Fencer’s Lunge Stance
Stand with feet slightly wider than shoulder-width apart and position one foot forward of body and one foot behind body. Bend the front leg, straighten the back leg, and point both feet outward at 45° angle.

Square Stance
Stand with feet shoulder-width apart, toes pointed forward, and bend knees slightly. NOTE: For wide square stance, place feet slightly wider than shoulder-width apart.

Split Stance
Stand with feet shoulder-width apart and position one foot forward of body and one foot behind body. Point toes forward and bend knees slightly.

EXERCISE INSTRUCTIONS
• As a warm-up, perform each selected exercise 3-5 times without the tubing before each exercise is performed with the tubing.
• 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.
• Perform an equal number of exercise repetitions with each side of the body 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 the tube 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 the tube which provides a greater amount of resistance.
• Perform each exercise a maximum of 2-3 times per week.
• Allow 24-48 hours of complete rest between each exercise session.

DOOR ATTACHMENT INSTRUCTIONS
Open door, place the “plugged” end of the Door Attachment over the top of the door or through the hinged side of the door (depending on the exercise) and close door tightly. The tubing end should be facing you. Pull on the Door Attachment to ensure that the “plugged” end is secure before performing each exercise.

IMPORTANT!
Please read the instructions below before you use the tubing!
• Before each workout check for possible wear on the tubing.
• Avoid exposing the tube to rough or abrasive surfaces.
• Do not stretch tubing beyond 2 times its resting length.
• Always perform general warm-up activities prior to performing exercises.
• Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
• Make sure door attachment is securely anchored in door before beginning each exercise.
• Perform exercises in a slow and controlled manner.
• Keep abdominal muscles tight while performing exercises.
• Avoid straining or holding breath while exercising.
• Discontinue any exercise that is uncomfortable or causes discomfort.
• Consult your physician before beginning any type of exercise program.
**Trunk & Hip Flexion with Hip Shift**

**Start:** Stand in a square stance with feet just inside hips, facing the door. Bend knees slightly, hips facing forward, and feet flat on the floor. Hold one strap in each hand at hips and shoulders square with body facing the door.

**Finish:** Keep wrists firm and unbent. Slowly pull hands downward and diagonal toward outside of one knee while keeping arms straight and rib cage lifted. Simultaneously bend knees in to a half squat while shifting hips laterally in opposite direction with back straight and opposite shoulder turned inward. End with arms straight, both hands open along outside of knee, and fingers pointed downward. Hold and slowly return to start position.

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**Overhead Raise**

**Start:** Stand in a square stance, facing the door. Bend knees assuming a half-squat position, hinge at hips slightly with upper body leaning forward. Keep hips facing forward with feet flat on floor. Hold one strap in each hand at palms facing inward. Straighten arms with hands in front of thighs while reaching toward attachment site. Keep feet, hips, and shoulders square with body facing the door.

**Finish:** Keep wrists firm and unbent. Slowly pull hands upward and slightly outward to shoulder width while rising up to a full upright posture with pelvis and lower back in neutral alignment. Avoid pushing hips and stomach forward.