

# SPRI CROSS TRAIN PARALLETTES

## Exercise Instruction

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds, perform the movement more slowly, or take more rest between movements.

—OR—

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

## L-SIT MODIFIED



**Start:** Grasp bars; straighten arms directly below shoulders with back straight and chest up. Bend legs, position feet directly under hips with heels off floor.

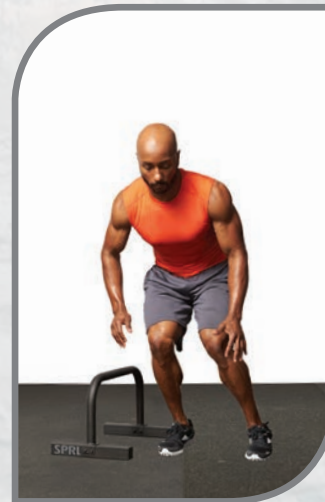
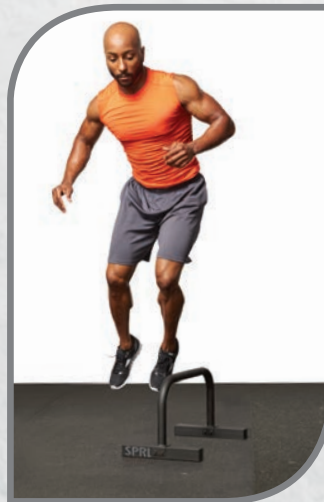


**Finish:** Lift feet off floor, swing legs up and forward while keeping legs bent with feet directly below knees in front of body, hold. Lower feet down and back to floor, return to start position and repeat in a continuous up/down pattern.

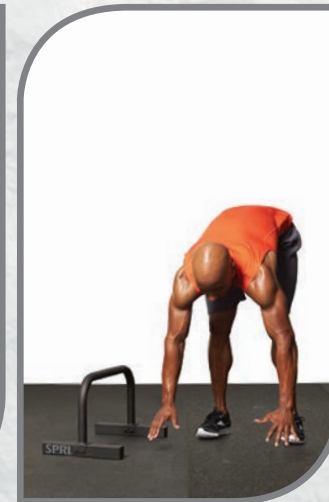
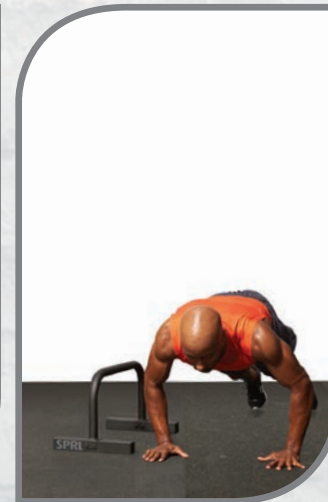
## BURPEE OVER PARALLETTE



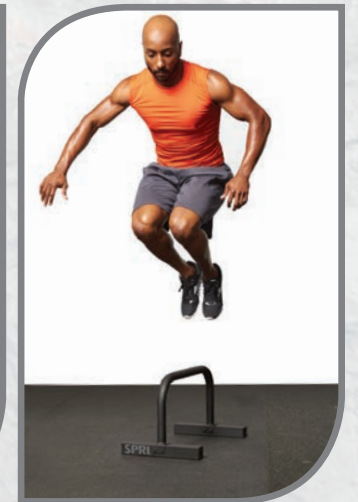
**Start:** Stand alongside bar, feet hip-width apart, jump sideways over bar. Land on opposite side with feet hip-width apart.



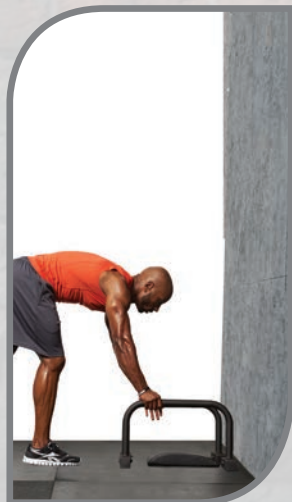
Immediately bend knees, place hands on floor and lower body toward floor while at the same time straightening legs and positioning body in a pushup position.



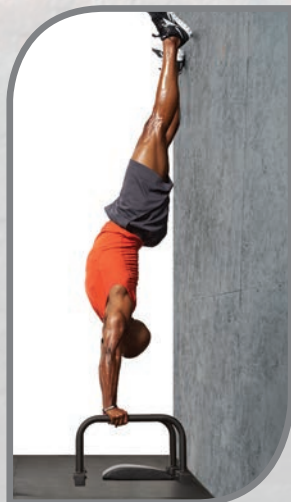
**Finish:** Perform pushup, immediately hop and pull knees toward chest, stand upright and immediately jump over bar in the opposite direction to start position. Repeat in a continuous side-to-side, up/down pattern.



## HAND STAND PUSHUP



**Start:** Grasp bar, straighten arms and hinge forward at hips, position one leg in front of the other with knees slightly bent. Push off front leg and kick legs up and over head above shoulders.



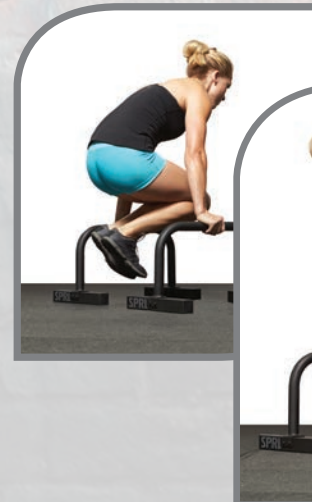
**Finish:** Straighten legs and arms with heels against wall. Bend arms, lower head toward floor while keeping legs and back straight, hold. Straighten arms, return to start position and repeat in a continuous up/down pattern.



## SHOOT-THROUGH



**Start:** Grasp bars and straighten arms directly below shoulders with back and legs straight and balls of feet on floor.



**Finish:** Bend legs, lift feet off floor, swing legs up and forward while keeping arms straight. Straighten legs forward and place heels on floor out in front of body with back and legs straight and shoulders slightly behind hands. Bend legs, lift heels off floor, return to start position and repeat in a continuous forward to backward pattern.

## L-SIT SCALED



**Start:** Grasp bars; straighten arms directly below shoulders with back straight and chest up. Bend legs, position feet directly under hips with heels off floor.



**Finish:** Lift feet off floor and swing bent legs up and forward then straighten legs directly out in front of hips, hold. Bend legs, lower feet down and back to floor, return to start position and repeat in a continuous up/down pattern.