EXERCISE INSTRUCTIONS

• Perform 5-10 minutes of rhythmic movement warm-up activities before each exercise session.

• Focus on form and practice each selected exercise 5 times before performing the exercise with the Single Handle Xerball®.

• Complete 1-3 sets of 8-12 repetitions of each exercise selected.

• Perform an equal number of exercises 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 a Single Handle Xerball® that provides less 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 Single Handle Xerball® that provides more resistance.

• Perform select exercises a minimum of 3 times weekly for optimal results.

• Allow 24-48 hours of rest between selected body region exercises.

IMPORTANT!

Please read the instructions below prior to using the Single Handle Xerball®!

• Always perform general warm-up activities prior to performing Single Handle Xerball® exercises.

• Perform only the exercises as shown on this sheet, or other SPRI® produced informational resources.

• Mimic all exercises without the Single Handle Xerball® until proficiency is achieved with each movement.

• Perform exercises in a slow and controlled manner.

• Keep abdominal muscles tight while performing exercises.

• Avoid straining or holding breath while performing exercises.

• Discontinue any exercise that is uncomfortable or causes pain.

• Consult your physician before beginning any type of exercise program.

Call our toll-free number or visit our website for more information on SPRI® products or to receive your SPRI® catalog.

SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774
www.spirproducts.com

SPRI® is a registered trademark of SPRI® Products, Inc.
Xerball® is a registered trademark of SPRI® Products, Inc.
**Squat Side Lift**

**Start:** Stand with feet shoulder width apart. Hold ball with one hand and extend arm in front of body between legs. Keep shoulders and feet square, bend slightly forward at the hips with knees slightly bent.

**Finish:** Slowly lift extended arm up and away from side of body while rotating upward and backward from the waist in the same side direction. Keep arm extended with head and feet stationary while transferring weight onto leg in same direction as movement and lifting heel of opposite foot off floor. Hold 1-2 seconds and return slowly to start position.

---

**Squat Overhead Press**

**Start:** Stand with feet shoulder width apart. Hold ball with one hand, bend arm and position ball just above same side shoulder. Keep shoulders, hips, and feet square with knees partially bent.

**Finish:** Slowly lift and extend arm upward slightly out in front of opposite side shoulder while rotating head, hips, shoulders and same side foot in direction of ball. Keep opposite foot flat on floor while transferring weight onto front leg, partially extending knees and lifting heel of back foot off floor. Hold 1-2 seconds and return slowly to start position.