



Overhead Press

Start: Stand with feet hip-width apart and knees slightly bent. Bend and position arms up and away from sides of body with elbows just below shoulder height, hands directly above elbows with palms facing forward.

Finish: Slowly straighten arms upward and inward toward head, ending with palms of hands facing inward directly above shoulders. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Product Use

Slide fingers of open hand between weight and elastic strap.



Once strap is across back of hand, just above knuckles, grasp the weight lightly.

Avoid over-gripping the weights or opening the hands while exercising.

Exercise Instructions

- As a warm-up, perform each selected exercise 3-5 times without the Soft Hand Weights before each exercise 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.
- Perform an equal number of exercise repetitions with each arm 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 Soft Hand Weights which provide less resistance.

-OR-

- If unable to achieve moderate to muscular fatigue following the completion of (12) exercise repetitions through a full range of motion, decrease rest time between exercise sets or select Soft Hand Weights which provide more resistance.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Soft Hand Weights exercise session.

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for more information on SPRI products
or to receive your SPRI catalog.

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SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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SOFT HAND WEIGHTS

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before using the SOFT HAND WEIGHTS!

- Before each workout check for possible wear of the Soft Hand Weights.
- Always perform general warm-up activities prior to performing Soft Hand Weights exercises.
- Perform only the exercises as shown on this sheet, or other SPRI® produced informational resources.
- Make sure the Soft Hand Weights are securely positioned around hands 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.





Front Raise

Start: Stand with feet hip-width apart and knees slightly bent. Bend and position arms along sides of body with palms of hands facing inward directly in front of elbows.

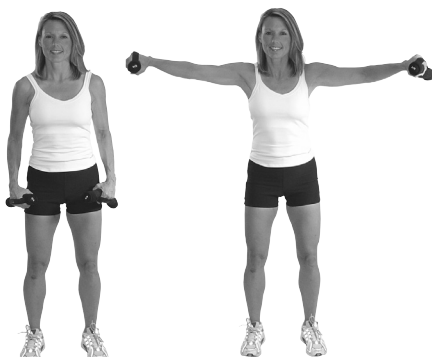
Finish: Slowly lift upper arms up and forward to shoulder height while keeping arms bent, ending with palms of hands facing inward directly above elbows. Keep wrists firm, back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Side Raise

Start: Stand with feet hip-width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing inward directly below shoulders.

Finish: Slowly lift arms up and away from sides of body while keeping arms straight, ending with palms of hands facing downward at shoulder height. Keep wrists firm, back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Arm Curl

Start: Stand with feet hip-width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing inward directly below shoulders.

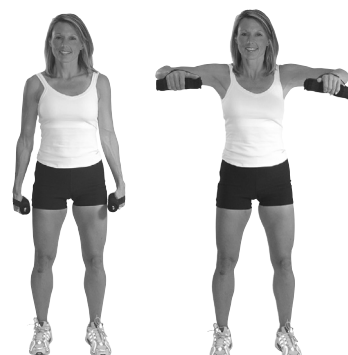
Finish: Slowly bend arms while keeping upper arms stationary and elbows directly below shoulders, ending with palms of hands facing upward just below shoulder height. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Upright Row

Start: Stand with feet hip-width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing backward directly below shoulders.

Finish: Slowly bend arms and raise elbows upward and outward away from sides of body, ending with palms of hands facing downward at shoulder height directly in front of elbows. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Bent Over Row

Start: Stand with feet hip-width apart and position one leg in front of body and opposite leg behind body with front leg bent and back leg straight.

Position hand of non-exercising arm on top of front leg, lean upper body forward at the hips, and extend exercising arm downward directly below shoulder with palm of hand facing inward.

Finish: Slowly bend exercising arm upward while lifting elbow away from side of body to shoulder height, ending with palm of hand facing backward. Keep upper body leaning forward, wrist firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Bent Over Arm Raise

Start: Stand with feet hip-width apart and position one leg in front of body and opposite leg behind body with front leg bent and back leg straight. Position hand of

non-exercising arm on top of front leg, lean upper body forward at the hips, and extend exercising arm downward directly below shoulder with palm of hand facing inward.

Finish: Slowly lift exercising arm upward and away from side of body while keeping arm straight, ending with palm of hand facing downward at shoulder height. Keep upper body leaning forward, wrist firm, back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Alternate Front/Back Raise

Start: Stand with feet hip-width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing backward directly below shoulders.

Finish: Slowly lift one arm up and forward to shoulder height with palm of hand facing downward while simultaneously lifting the opposite arm up and backward with palm of hand facing backward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and return to start position.

