Squat / Reach

Start: Stand and balance on one foot, point toes straight ahead with knee of exercising leg slightly bent. Place ball in hand of opposite side arm, bend non-exercising leg and lift foot off floor.

Finish: Slowly bend knee of exercising leg, straighten arm and reach ball down and forward in front of foot while bending forward at the waist. Keep knee over foot, back straight, and abdominal muscles tight. Hold 1-2 seconds and return to start position.

Leg Curl / Lift

Start: Stand and balance on one foot, point toes straight ahead with knee slightly bent. Place ball behind knee of opposite leg, bend leg and lift foot off floor.

Finish: Slowly lift bent leg up and backward behind body while squeezing ball between back of upper and lower leg. Keep knee over foot of straight leg with head, shoulders and hips aligned. Hold 1-2 seconds and return to start position.

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 Mini Xerball®.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Perform an equal number of strengthening 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 Mini 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 Mini Xerball® that provides more resistance.
- Perform select exercises a minimum of 3 times weekly for optimal results.
- Allow 24-48 hours of rest between select body region exercises.

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

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Disclaimer: 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.

SPRI Products Libertyville, Illinois 60048
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Soft Mini Xerball®

Developed by Greg Niederlander, M.S.

IMPORTANT!
Please read the instructions below before using the Soft Mini Xerball®!

- Always perform general warm-up activities prior to performing Mini Xerball® exercises.
- Perform only the exercises as shown on this sheet or other SPRI® produced informational resources.
- Mimic all exercises without the Mini 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.
Leg Lift / Curl
Start: Lie on back, bend legs, position feet flat on floor shoulder width apart. Place ball in hands with palms facing inward and straighten arms directly above chest.
Finish: Slowly reach straight arms upward, lifting head and shoulders off floor while simultaneously lifting and straightening one leg up and backward, ending with ball reaching toward top of foot. Hold 1-2 seconds and return to start position.

Hip Lift / Flye
Start: Lie on back, bend legs, position feet flat on floor shoulder width apart and lift hips and buttocks upward off floor. Place ball in one hand with palm facing forward, straighten arm directly above shoulder with opposite arm straight on floor slightly away from side of body.
Finish: Slowly lower straight arm downward toward floor in line with shoulders, with palm of hand facing upward. Keep head and feet stationary with hips and buttocks off floor. Hold 1-2 seconds and return to start position.

Hip Lift / Squeeze
Start: Lie on back, bend legs, position one foot on floor shoulder width apart and lift opposite leg up and backward toward chest. Place ball between front of hip and upper thigh of raised leg with arms positioned straight on floor away from sides of body.
Finish: Slowly lift hips and buttocks upward off floor while squeezing ball against hip with upper thigh. Keep head, arms, and foot stationary with upper back on floor. Hold 1-2 seconds and return to start position.

Side Lift / Press
Start: Stand with feet shoulder width apart and knees slightly bent. Hold ball in one hand, bend and position arm up and away from side of body below shoulder height with palm facing upward. Straighten opposite arm along side of body.
Finish: Slowly straighten arm above and slightly forward of shoulder while simultaneously straightening legs and pivoting same side foot, while rotating hip, shoulder, and head in opposite direction. Keep opposite foot and hip stationary allowing heel of pivoting foot to lift off floor. Hold 1-2 seconds and return to start position.