Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles, extend arms directly under shoulders with palms of hands facing legs.

Finish: Lift arms up and forward. Keep wrists firm and elbows slightly bent soft. Lower arms, return slowly to start and repeat.

Exercise Instruction
- Warm up for 3-5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.

Start: Stand in a slightly staggered lunge position on center of the step with tubing directly under platform. Hold one handle on the knee of the front leg. Pull other handle up to waist level with palm in and elbow pointing back.

Finish: Straighten arm up and back behind body while keeping elbow stationary along side of body. Bend arm, return to start and repeat.

Start: Stand on center of step, slight bend in the knees, tubing directly under platform. Cross tubing, hinge slightly forward at the hips and extend arms directly below shoulders.

Finish: Bend slightly forward at the waist while keeping back straight and chest high. Pull tubing up and back, squeezing shoulder blades together. Straighten arms, return slowly to start and repeat.

Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.

Finish: Bend elbows and raise hands up in front of body to shoulder height. Keep wrists firm and elbows at sides. Straighten arms, return slowly to start and repeat.

Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.

Finish: Lift arms up and away from sides of body to shoulder height. Keep wrists firm and elbows slightly bent. Lower arms, return slowly to start and repeat.

www.spri.com