

SPRI ULTRA TONER™

EXERCISE GUIDE

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.

- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.
- 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 increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

SHOULDER RAISE



Start: Stand with feet shoulder-width apart and knees slightly bent. Grasp one handle with palm facing down and place the other handle under the arch of opposite foot. Position arm in front of body at waist height.



Finish: Bend arm, lifting up and away from side of body, to shoulder height. Avoid over extending shoulder or locking elbow. Return to start and repeat.

CHEST PRESS



Start: Stand with feet hip-width apart and knees slightly bent. Place tubing behind the back, below shoulder blades. Grasp handles with palms facing inward and position hands just outside shoulder width.



Finish: Press arms forward, rotating shoulders and ending with palms facing down. Return to start and repeat.

MID BACK PULL



Start: Stand with feet hip-width apart and knees slightly bent. Grasp handles with palms facing in, bend arms and hold out in front of body at chest height.



Finish: Straighten and pull arms back and out to sides until hands are aligned with shoulders. Return to start and repeat.

ONE ARM SEATED ROW



Start: Sit with legs bent, heels on floor, and toes pointed forward. Grasp one handle and place the other handle around arch of opposite foot. Straighten arm in front of chest with hand of opposite arm on hip.



Finish: Bend and raise arm up and back behind body while keeping knees bent, heels on floor and toes pointed forward. Return to start and repeat.

ALTERNATING CHEST PRESS



Start: Stand with feet shoulder-width apart and knees slightly bent. Grasp one handle with palm facing down and place other handle in opposite hand with arm bent and hand in front of chest.



Finish: Straighten bent arm and bend straight arm while rotating shoulders and keeping wrists firm. Return to start and repeat.

LOW BACK PULL DOWN



Start: Stand with feet hip-width apart and knees slightly bent. Grasp each handle. Extend one arm above head and bend opposite arm, positioning hand above same side shoulder.



Finish: Pull bent arm down and back, ending with hand just below same side shoulder. Return to start and repeat.

ARM CURL



Start: Stand with feet hip-width apart and place one handle under arch of foot. Grasp the other handle and straighten arm along side of body.



Finish: Bend arm and lift hand up and forward in front of chest, keeping elbow close to side of body. Return to start and repeat.

ARM EXTENSION



Start: Stand with feet hip-width apart and knees slightly bent. Grasp handles and position behind head with arms forming a 90-degree angle and palms facing in.



Finish: Straighten arms until parallel with floor, ending with palms facing forward. Return to start and repeat.