**START:** Stand and face away from anchor, grasp handles, position feet shoulder-width apart and stand on balls of feet. Straighten arms, lean forward, tighten core muscles and align shoulders with hips and feet.

**FINISH:** Slowly bend arms, flare elbows away from sides of body and lower body down toward floor while keeping core muscles tight and body straight. Slowly straighten arms, return to start position and repeat.

---

**START:** Lie on back on floor facing anchor, place heels in straps hip width apart with legs straight and elevated off floor. Straighten arms along sides of body; tighten core muscles with head, back and buttocks on floor.

**FINISH:** Slowly raise hips, buttocks and low back up off floor while bending legs and bringing heels back toward knees. Slowly straighten arms, lower hips to floor and return to start position.

---

**START:** Stand and face anchor, grasp handles, position feet shoulder-width apart and stand with feet flat on floor. Straighten arms, lean backward, tighten core muscles and align shoulders with hips and feet.

**FINISH:** Slowly bend arms, flare elbows away from sides of body, raise body up and away from floor while keeping core muscles tight and body straight. Slowly straighten arms, return to start position and repeat.

---

**START:** Stand and face away from anchor, grasp handles, position feet shoulder-width apart and stand on balls of feet. Straighten arms, lean forward, tighten core muscles and align shoulders with hips and feet.

**FINISH:** Slowly pull straight arms back and down toward floor while arching low back upward and pulling ribs down and in toward hips. Keep arms straight, slowly lean forward and return to start position.

---

**START:** Kneel on floor facing away from anchor, place tops of feet in straps hip width apart then straighten and elevate legs off floor. Position hands on floor slightly wider than shoulder-width apart, straighten arms, tighten core muscles and align shoulders with hips and feet.

**FINISH:** Slowly bend one leg and bring heel toward buttocks with knee directly under hip. Keep arms straight, head and upper body stationary with back parallel to floor. Return to start position and repeat with opposite leg.

---

**START:** Stand facing away from anchor, balance on one leg and place top of opposite foot in strap directly behind same side hip. Straighten front leg and comfortably bend back leg with arms straight along sides of body and head aligned with shoulders and hips.

**FINISH:** Slowly bend front leg while pushing back leg backward with lower leg parallel to floor and bend arms forward in front of body. Slowly straighten front leg, drive hips forward and return to start position.

---

**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 every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg 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 change body position to decrease load.
- 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 change body position to increase load.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each XTS Training System exercise session.

---

©2014 SPRI Products, Inc. All rights reserved. SPRI is a registered trademark of SPRI Products, Inc. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452.

MADE IN CHINA. SKU 07-70640

**GUIDE**

- **Chest Press**
- **Bridge/Leg Curl**
- **Row**
- **Mountain Climbers**
- **Standing Ab Crunch**
- **Lunge**

---

www.spri.com