

SPRI XERCISE BAR

INSTRUCTIONAL GUIDE

Exercise Instruction

- Warm up before each session, perform each selected exercise 3–5 times without the Xertube.®
- 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 select an Xertube® which provides a lesser amount of 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 an Xertube® which provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Xertube® exercise session



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ARM EXTENSION

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UPRIGHT ROW

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ARM CURL

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