Exercise Instruction

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Xering®.
- 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.
- Perform an equal number of exercise repetitions with each 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 Xering® which provides a lesser amount of resistance.

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- 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 Xering® 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 Xering® exercise session.

IMPORTANT!
Please read the instructions below before using the Xering®.

- Before each workout, check for possible wear of the Xering®.
- Always perform general warm-up activities prior to performing Xering® exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Avoid exposing the Xering® to rough or abrasive surfaces.
- Wear appropriate footwear while using the Xering®.
- Make sure the Xering® is secure around ankles, feet, and/or lower legs before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

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.

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Standing Leg Curl (Hamstrings)

Start: Stand with feet hip width apart. Place Xering® around one ankle and under arch of opposite foot, with exercise leg slightly behind body. Keep knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

Finish: Bend knee and curl leg upward toward buttocks. Keep hips and shoulders square. Return to start and repeat.

Side Lift (Abductors)

Start: Stand with feet hip width apart. Place Xering® around lower legs. Keep knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

Finish: Keeping legs straight, lead with the heel and lift leg up and out, away from side of body. Keep opposite hip and shoulders stationary. Return to start and repeat.

Inner Leg Lift (Adductors)

Start: Sit on floor and place Xering® around lower leg and under arch of opposite foot. Lie on side and rest head on one arm and place other arm on ground for support. Bend the top knee and place foot firmly on floor.

Finish: Lead with the heel and lift lower leg as high as possible. Return to start and repeat.

Outer Leg Lift (Abductors)

Start: Sit on floor and place Xering® around lower legs. Lie on side and roll onto the hip of non-exercising leg. Rest head on one arm and place other arm on ground for support.

Finish: Straighten both legs, lead with the heel and lift top leg upward. Keep opposite hip stationary. Return to start and repeat.

Lying Leg Curl (Hamstrings)

Start: Sit on floor and place Xering® around one ankle and around arch of opposite foot. Lie on stomach, place back of hands under chin and extend both legs. Pull toes of exercise foot toward shin.

Finish: Keep hips in contact with the floor, bend knee and curl leg upward toward buttocks. Return to start and repeat.

Knee Extension (Quadriceps)

Start: Sit on floor and place Xering® around lower leg and under arch of opposite foot. Lie back, supporting upper body on elbows and bending both legs.

Finish: Straighten and lift knee of exercising leg up to height of knee. Return to start and repeat.