

SPRI XERTUBE®

EXERCISE 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® that 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® that 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.



SIDE RAISE (Deltoid)

Start: Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.

Finish: Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.



ARM EXTENSION (Triceps)

Start: Stand in a staggered stance and position back foot on tubing. Grasp one handle with both hands, bend arms and position behind head.

Finish: Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.



LUNGE (Quadriceps, Hamstrings, Gluteals)

Start: Stand in a staggered stance and position front foot on tubing and back foot slightly behind body. Grasp handles and position at shoulder height in front of body.

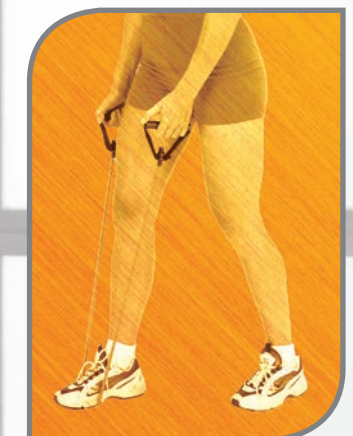
Finish: Bend legs, keeping back knee above floor and front knee over toes. Keep shoulder blades squeezed together, head and chest forward. Push back up to start and repeat.



FOOT POSITIONING



Moderate Stance



Staggered Stance



Wide Stance



FRONT RAISE (Deltoid)

Start: Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.

Finish: Lift arms up and forward. Keep wrists firm and elbows soft. Return to start and repeat.



CHEST FLYE (Pectorals)

Start: Stand in a staggered stance. Place tubing under back foot and soften knees. Grasp handles and position arms at sides of body with palms facing up.

Finish: Raise arms up and together. Bring hands together in front of head with elbows in line with shoulders. Return to start and repeat.



ARM CURL (Biceps)

Start: Stand in a staggered stance. Place tubing under front foot and soften knees. Grasp handles and position arms at sides of body.

Finish: Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.

