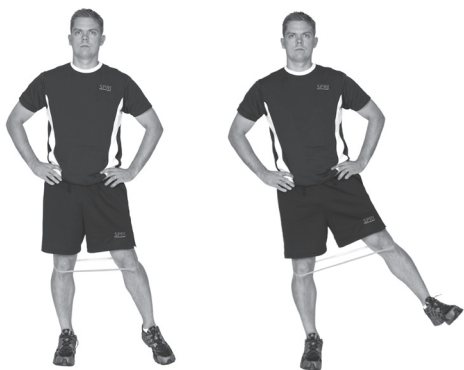




Backward Press (Hamstrings/Gluteals)

Start: Stand with feet shoulder width apart. Secure Xercise Band around ankles and position exercise leg slightly behind body, keeping knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

Finish: Keep foot of non-exercise leg grounded while pressing the other leg straight back, behind body. Keep hips and shoulders square. Return to start and repeat.



Side Lift (Abductors)

Start: Stand with feet shoulder width apart and knees slightly bent. Secure Xercise Band around knees or midway between ankles and knees. Place hands on hips or hold onto the back of a stable chair.

Finish: Keep foot of non-exercise leg grounded while pressing the other leg up and out to the side, keeping leg straight and leading with the heel. Return to start and repeat.

Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Xercise Band.
 - 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 Xercise Band 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 Xercise Band 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 Xercise Band exercise session.

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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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Xercise Band™

IMPORTANT!

Please read the instructions below before using the Xercise Band.

- Before each workout, check for possible wear of the Xercise Band.
- Always perform general warm-up activities prior to performing Xercise Band exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Avoid exposing the Xercise Band to rough or abrasive surfaces.
- Wear appropriate footwear while using the Xercise Band.
- Make sure the Xercise Band is secure 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.

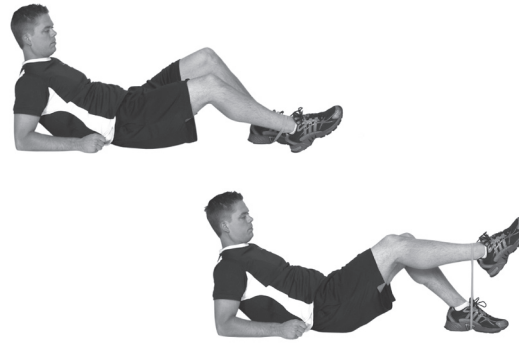




Inner Leg Lift (Adductors)

Start: Sit on floor and secure Xercise Band around ankle of exercise leg and under arch of opposite foot. Lie on side and rest head on one arm and place other arm on floor for support. Non-exercise leg should be bent, with foot planted firmly on the floor.

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



Knee Extension (Quadriceps)

Start: Sit on floor and secure Xercise Band around ankle of exercise leg and under arch of opposite foot. Lie back and support upper body on elbows, keeping both legs bent and foot of non-exercise leg planted firmly on the floor.

Finish: Extend exercise leg and lift up to height of knee, until quadricep is fully contracted. Return to start and repeat.



Forward Raise (Hip Flexors/Quadriceps)

Start: Stand with feet shoulder width apart. Secure Xercise Band around ankles. Position exercise leg slightly in front of body with knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

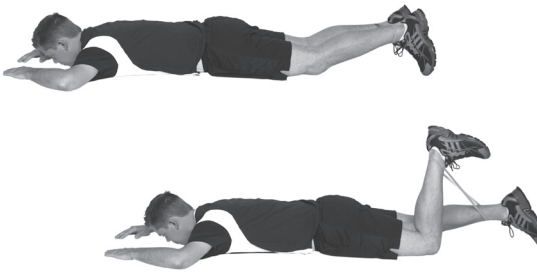
Finish: Keep foot of non-exercise leg grounded while raising the other leg up and forward. Keep hips and shoulders square. Return to start and repeat.



Outer Leg Lift (Abductors)

Start: Sit on floor and secure Xercise Band around legs, just above the knee. Lie on side and roll onto hip of non-exercise leg. Rest head on one arm and place other on floor for support.

Finish: With bottom leg bent back, lead with heel and push top leg upward as high as possible. The opposite hip must remain stationary. Return to start and repeat.



Lying Leg Curl (Hamstrings)

Start: Secure Xercise Band around ankles. Lie on stomach with hands in front and extend both legs. Place a pad or rolled up towel under knee of exercise leg for extra comfort if desired. Pull toes of exercise foot toward shin to a neutral ankle position.

Finish: While keeping hips and knees in contact with the floor, bend knee of exercise leg and curl leg toward buttocks until hamstring is fully contracted. Return to start and repeat.



Standing Leg Curl (Hamstrings)

Start: Stand with feet shoulder width apart. Secure Xercise Band around ankles. Keep knees slightly bent and position foot of exercise leg slightly behind body. 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.