

FOOT POSITIONING

Split

Stance:

Front-to-back foot positioning, feet slightly narrower than hip width apart.



Staggered

Stance:

Front-to-back foot positioning, feet slightly wider than hip width apart.



Square

Stance:

Side-to-side foot positioning, feet hip width apart or wider.



Call our toll-free number or visit our website for more information on SPRI® Products or to receive your SPRI® catalog.

**SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774**

www.spriproducts.com

EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Double Xertube® before each exercise is performed with the Double 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.
- Perform an equal number of exercise repetitions with each arm 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, modify your foot placement on tube(s), or select a Double 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, modify your foot placement on tube(s), or select a Double Xertube® which provides a greater amount of resistance.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Double Xertube® exercise session.

SPRI.®

DOUBLE XERTUBE® FOR ROTATOR CUFF INSTRUCTION CHART

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before you use the Double Xertube®!

- Before each workout check for possible wear on the tubing.
- Avoid exposing the tube to rough or abrasive surfaces.
- Do not stretch tubing beyond 2 times its resting length.
- Always perform general warm-up activities prior to performing Double Xertube® exercises.
- Perform only the exercises as shown in this chart, or other SPRI produced informational resources.
- Make sure tubes are securely positioned under feet before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Double Xertube® – ROTATOR CUFF Exercises

One Arm Diagonal Rotation

Start: Stand in a staggered stance with front foot in front of hip and back foot just behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position slightly bent exercise arm in front of body with elbow facing outward, palm facing backward, and the opposite hand on the hip.



Finish: Slowly rotate shoulder outward while raising arm up and backward. Position elbow slightly above shoulder height with palm facing forward. Keep wrist firm, abdominal muscles tight, and squeeze shoulder blades together. Hold 1-2 seconds and slowly return to start position.

One Arm Row

Start: Stand in a staggered stance, front leg bent with foot in front of hip and back leg straight with foot behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand, lean slightly forward at the waist, position slightly bent exercise arm in front of body and the opposite hand on the upper leg.



Finish: Slowly lift arm up and backward away from side of body. Position elbow just below shoulder height with palm facing downward. Keep wrist firm, abdominal muscles tight, and squeeze shoulder blades together. Hold 1-2 seconds and slowly return to start position.

Two Arm Diagonal Raise

Start: Stand in a staggered stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Hold one handle in each hand and position arms straight along sides of body with palms facing backward and thumbs pointed at upper legs.



Finish: Slowly lift arms upward and outward diagonally in front of the body. Position elbows below shoulder height with palms facing outward and thumbs pointing downward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

Two Arm External Rotation (neutral position)

Start: Stand in a split stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Hold one handle in each hand, bend arms with elbows facing outward close to sides of body and palms facing backward in front of stomach.



Finish: Slowly rotate shoulders outward while lifting lower arms up and backward. Position elbows slightly away from sides of body with palms facing forward and thumbs pointing upward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

Two Arm External Rotation (45 degree position)

Start: Stand in a split stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Hold one handle in each hand, bend arms with elbows facing outward away from sides of body and palms facing downward in front of hips.



Finish: Slowly rotate shoulders outward while lifting lower arms up and backward. Position elbows away from sides of body with palms facing forward and thumbs pointing upward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

Two Arm External Rotation (90 degree position)

Start: Stand in a split stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Hold one handle in each hand, bend arms with elbows facing outward just below shoulder height away from sides of body and palms facing downward directly in front of elbows.



Finish: Slowly rotate shoulders outward while lifting lower arms up and backward. Position elbows just below shoulder height with palms facing forward and thumbs pointing upward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

Reverse Flye

Start: Stand in a narrow staggered stance with front foot in front of hip and back foot directly below hip. Position both tubes under front foot and



back tube under back foot. Grasp one handle in each hand and position exercise arm straight along side of back leg, with palm facing inward and hand of opposite arm on knee of front leg.

Finish: Slowly lift exercise arm straight up and away from side of body, and position hand at shoulder height with palm facing downward. Keep wrist firm, back straight, and abdominal muscles tight, while squeezing shoulder blades back and together. Hold 1-2 seconds and slowly return to start position.

Side Raise

Start: Stand in a narrow split stance with front foot just in front of hip and back foot just behind hip. Position front tube under front foot and back



tube under back foot. Grasp one handle in each hand, bend arms slightly and position along sides of body with palms facing inward.

Finish: Slowly lift arms straight up and away from sides of body, and position hands at shoulder height with palms facing downward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

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 - Perform each exercise a maximum of 2-3 times per week.
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DOUBLE XERTUBE® FOR UPPER BODY INSTRUCTION CHART

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Double Xertube® – UPPER BODY Exercises

Arm Curl

Start: Stand in a staggered stance, front leg bent with foot just in front of hip and back leg straight with foot behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position arms straight along sides of body with palms facing forward.

Finish: Slowly bend arms, lift hands up in front of body and position hands at shoulder height with palms facing backward. Keep wrists firm, back straight, abdominal muscles tight, and elbows below shoulders. Hold 1-2 seconds and slowly return to start position.



Chest Press

Start: Stand in a staggered stance with front foot just in front of hip and back foot behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand, bend arms, flair elbows up and away from sides of body, with hands in front of shoulders and palms facing downward.

Finish: Slowly straighten arms and push hands up, inward and forward in front of body, and position hands at head height with palms facing downward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Upright Row

Start: Stand in a square stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position arms straight along sides of body with palms facing backward.

Finish: Slowly bend arms, pull elbows up and away from sides of body, and position hands in front of shoulders with palms facing downward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Back Raise

Start: Stand in a split stance, front leg slightly bent with foot in front of hip, and back leg bent with back foot directly below hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position arms straight along sides of body with palms facing inward.

Finish: Slowly lift arms straight up and back behind body, and position hands behind hips with palms facing inward. Keep wrists firm, back straight, and abdominal muscles tight, while squeezing shoulder blades back and together. Hold 1-2 seconds and slowly return to start position.



Front Raise

Start: Stand in a staggered stance with front foot in front of hip and back foot just behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position arms straight along sides of body with palms facing backward.

Finish: Slowly lift arms up and forward in front of body, and position hands at shoulder height with palms facing downward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Overhead Press

Start: Stand in a staggered stance with front foot in front of hip and back foot behind hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand, bend arms, and position hands in front of shoulders with palms facing inward.

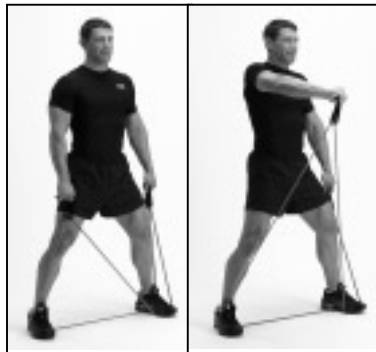
Finish: Slowly push upward while straightening arms overhead and positioning hands above shoulders with palms facing inward. Keep wrists firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Chest Cross

Start: Stand in a wide square stance with exercise side foot outside hip width and opposite foot slightly wider than hip. Position back tube under exercise side foot and both tubes under opposite foot. Grasp one handle in each hand and position arms straight along sides of body with palm of exercise arm facing backward, and palms of opposite arm facing inward.

Finish: Slowly lift exercise arm up while reaching across front of chest. Keep opposite arm and shoulder stationary, wrist firm, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Low Row

Start: Stand in a narrow staggered stance with front foot in front of hip and back foot directly below hip. Position both tubes under front foot and back tube under back foot. Grasp one handle in each hand, position exercise arm straight along side of back leg with palm facing inward, and hand of opposite arm on knee of front leg.

Finish: Slowly bend arm, lift elbow up and back along side of body, and position hand just above hip with palm facing inward. Keep wrist firm, back straight, and abdominal muscles tight while squeezing shoulder blades back and together. Hold 1-2 seconds and slowly return to start position.



Press Back

Start: Stand in a split stance with front foot in front of hip and back foot directly below hip. Position front tube under front foot and back tube under back foot. Grasp one handle in each hand and position arms bent along sides of body with palms facing backward.

Finish: Slowly lift and straighten lower arms up and backward. Keep wrists firm, back straight, and abdominal muscles tight, while squeezing shoulder blades back and together. Hold 1-2 seconds and slowly return to start position.

