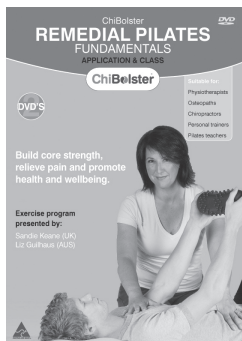


Training and education products for ChiBolster® are also available from SPRI.



ChiBolster® Remedial Pilates Fundamentals Application and Class DVD

This 2-DVD package addresses terminology, posture, and recruitment patterns of each exercise in a comprehensive step-by-step format. Focus is based on establishing a sound base knowledge of body shapes & posture, movement, and exercise basics for program progression. The

second part engages what you have learned into a class format exercise program.

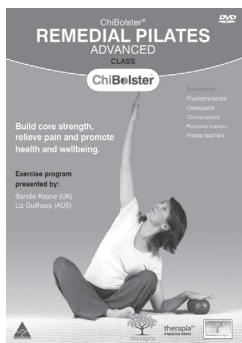
ChiBolster Remedial Pilates Intermediate DVD

Once you have conquered the basics, this DVD is a natural stepping stone that develops the fundamental exercises you have learned by challenging you and your clients with more advanced progressions, assisting recruitment patterns and breathing techniques.



ChiBolster Remedial Pilates Advanced DVD

This class format DVD is the most advanced in the series. Further building on ChiBolster® Remedial Pilates exercises, expect to be challenged and feel the improvement in your overall core strength, health, and well-being.



Caring for Your ChiBolster®:

- Hand wash in cool water with mild non-abrasive detergent (do not put in hot water)
- Keep away from sharp objects
- Keep away from direct heat sources

Inflation Instructions:

The unique ChiBolster® design allows for easy inflation. Simply remove the plug and wait for the ChiBolster® to inflate.

If additional support is required, inflate by mouth.

To deflate, remove plug and squeeze air out. You can roll your ChiBolster® up for easy, compact storage and travel.

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

SPRI Products
1769 Northwind Blvd.
Libertyville, IL 60048
800-222-7774
www.spri.com

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SPRI®

ChiBolster® Instruction Sheet

IMPORTANT!

Please read the instructions below prior to using the ChiBolster®!

- Always perform general warm-up activities prior to performing ChiBolster® exercises.
- Perform only the exercises as shown on this sheet, or other SPRI produced informational resources.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while performing exercises.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.





Pelvic Tilt

Place the ChiBolster® across the back of your pelvis. Imagine you have a clock lying on your abdomen. The base of the ribcage is 12 o'clock, the pubic bone is 6 o'clock.

Tilt the pelvis from 12 o'clock (posterior pelvic tilt) to 6 o'clock (anterior pelvic tilt). Repeat this rocking/tilting action several times.



Knee Floats

Place ChiBolster® underneath the hips across the pelvis.

Inhale, exhale and stabilize the pelvis: Float one knee towards the ceiling so it forms a 90 degree angle over the hip. Return to floor. Repeat with other leg.



Cobra Rolls

Lying on your stomach, place ChiBolster® under forearms, thumbs facing upwards.

Inhale, exhale: Draw shoulder blades down, then pull ChiBolster® towards you and lift your chest.
Inhale: Lower.
Exhale: Repeat lift.



Shoulder Walks

Place the ChiBolster® across the shoulder blades, partially deflated. Extend arms above the chest. Keep hips still throughout.

Inhale, exhale: Reach left hand towards ceiling away from the ChiBolster®. Inhale: Return to neutral position, exhale. Repeat using right hand.



Single Leg Lift

Start in a side lying position with both legs extended. Place the ChiBolster® between your hips and ribs. Have your head resting on your extended arm with your palm facing up.

Place hand in front of ribs. Inhale, exhale: Engage core muscles and align shoulder, ribcage and hips then lengthen the top leg and lift towards ceiling. Inhale, exhale: Lower to start position. Relax neck, shoulder & ribcage. Repeat lift.



Half Roll Up

Lie on your back with knees bent in. Feet flat on the floor in line with the knees. Place the ChiBolster® across the base of the shoulder blades, supporting the head with your hands. Ensure your abdominals are engaged.

Inhale, exhale. Extend the upper back over the ChiBolster® tilting the head and shoulders towards the floor.
Inhale: Extend back over the ChiBolster® – with control.
Exhale: Flex the spine and repeat.