

Exercise Instruction

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

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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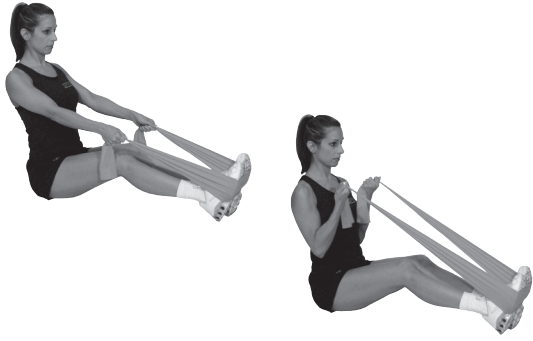
Flat Band

IMPORTANT!

Please read the instructions below
before using the SPRI® Flat Band.

- Before each workout, check for possible wear/tears of the SPRI® Flat Band.
- Always perform general warm-up activities prior to performing band exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Avoid exposing the bands to rough, sharp or abrasive surfaces.
- Wear appropriate footwear while using the bands.
- Make sure the bands are secured in hands or under/around feet/legs before beginning each exercise. Never grip bands with fingernails.
- 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.





Arm Curl (Biceps)

Start: Sit on floor with knees comfortably bent. Place the SPRI® Flat Band™ around both feet (or one foot if increased length is desired) and grasp each end, palms facing in, arms extended forward toward legs.

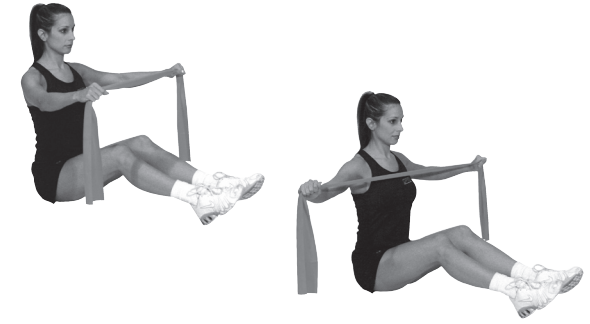
Finish: Keep elbows stationary, bend arms and pull hands toward shoulders while turning palms upward. Hold 1–2 seconds and slowly return to start position.



Chest Press (Pectorals)

Start: Sit on floor with knees comfortably bent. Place the SPRI® Flat Band™ behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.

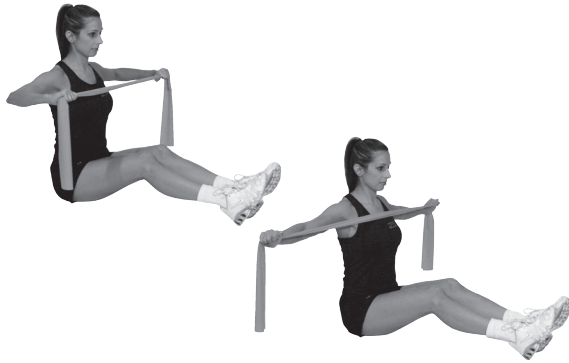
Finish: Press both arms forward, rotating the shoulders inward during the movement, ending with palms facing down. Keep shoulder blades together through entire movement. Hold 1–2 seconds and slowly return to start position.



Back Pull (Rhomboids/Trapezius/Deltoids)

Start: Sit on floor with knees comfortably bent. Hold the SPRI® Flat Band™ with both hands, arms extended in front of body at chest height and palms facing down.

Finish: Pull hands apart, moving arms out to the sides of the body until aligned with shoulders, palms facing down. Keep shoulder blades pressed together throughout the entire movement. Hold 1–2 seconds and slowly return to start position.



Arm Extension (Triceps)

Start: Sit on floor with knees comfortably bent. Hold the SPRI® Flat Band™ with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.

Finish: Keep elbows stationary, straighten arms until hands are aligned with shoulders, being careful not to lock the elbow joint. Hold 1–2 seconds and slowly return to start position.



Shoulder Press (Deltoids)

Start: Sit on floor with knees comfortably bent. Place the SPRI® Flat Band™ under the buttocks. Hold band with both hands and position just above shoulders. Keep palms facing forward and band along inside of upper arms.

Finish: Press arms up and back overhead while turning palms toward each other. End with arms directly over shoulders. Hold 1–2 seconds and slowly return to start position.



Low Row (Latissimus Dorsi)

Start: Sit on floor with knees comfortably bent. Place the SPRI® Flat Band™ around both feet (or one foot if increased band length is desired) and grasp ends of the band with the opposite hand, palms facing down.

Finish: Bend arms, pull hands to corresponding hip with arms flared away from sides of body. Hold 1–2 seconds and slowly return to start position.