

DOOR ATTACHMENT INSTRUCTIONS

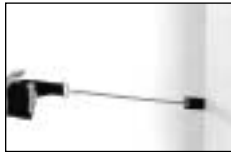


Open door, place the "plugged" end of the Door Attachment over the top of the door or through the hinged side of the door (depending on the exercise) and close door tightly. The tubing end should be facing

you. Pull on the Door Attachment to ensure that the "plugged" end is secure before performing each exercise.



Top of Door



Shoulder / Chest Level



Lower Leg Level

F.I.S.T.[®] STANCE POSITIONS



Fencer's Lunge Stance

Stand with feet slightly wider than shoulder-width apart and position one foot forward of body and one foot behind body. Bend the front leg, straighten the back leg, and point both feet outward at 45° angle.



Square Stance

Stand with feet shoulder-width apart, toes pointed forward, and bend knees slightly.

NOTE: For wide square stance, place feet slightly wider than shoulder-width apart.



Split Stance

Stand with feet shoulder-width apart and position one foot forward of body and one foot behind body. Point toes forward and bend knees slightly.

EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the tubing before each exercise is performed with the tubing.
 - 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 side of the body 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 the tube 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 the tube 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 exercise session.

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

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INTERCHANGEABLE TUBING SYSTEM

F.I.S.T.[®] UPPER BODY INSTRUCTION CHART

Developed by Mark Cibrario

IMPORTANT!

Please read the instructions below before you use the tubing!

- 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 exercises.
- Perform only the exercises as shown in this chart, or other SPRI[®] produced informational resources.
- Make sure door attachment is securely anchored in door 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.

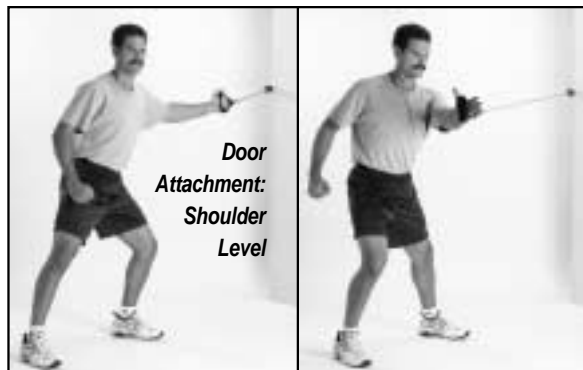
Horizontal Chest Press with Shift



Start: Stand in a wide square stance with feet parallel to door. Shift body weight to the foot closest to door, point toes outward, bend same side knee, hip back, and hinge torso slightly forward. Turn head away from door and eyes in the same direction. Hold handle with arm closest to door just below shoulder height. Position arm and hand out to the side, away from body at shoulder height with elbow bent 90°, and palm facing downward. Bend opposite arm and position hand in front of chest.

Finish: Keep the wrist firm and unbent. Slowly straighten arm in a straight line from attachment to shoulder height while rotating upper body and hips 90°. Simultaneously shift body weight to the foot furthest from door. End in a quarter-lunge position with hand at shoulder height and heel of foot closest to the door off the floor. Hold and slowly return to start position.

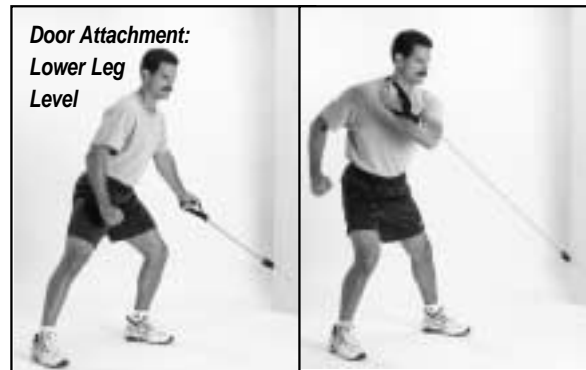
Horizontal Chest Flye with Shift



Start: Stand in a wide square stance with feet parallel to door. Shift body weight to the foot closest to door, hip back, and same side knee bent until directly above ankle. Point toes outward and hinge torso slightly forward. Keep head in neutral position. Hold handle with arm closest to door just below shoulder height. Position straightened arm out to the side toward door with palm facing forward at shoulder height. Straighten opposite arm with hand in front of hip.

Finish: Keep the wrist firm and unbent. Slowly pull straightened arm across mid-chest with open hand while bending knee, pushing hip back. Simultaneously shift body weight to the foot furthest from door. End with open hand at shoulder height in front of opposite side chest. Hold and slowly return to start position.

Cross Body Curl with Shift



Start: Stand in a wide square stance with the feet parallel to the door. Shift body weight to the foot closest to the door, hinge torso slightly forward, and bend same side knee with hip back while keeping the opposite leg straight. Hold handle with arm closest to door. Straighten arm away from body with palm facing forward and hand in parallel alignment with attachment site. Bend opposite arm slightly, and position in front of thigh.

Finish: Keep wrist firm and unbent. While shifting body weight to the foot furthest to the door, bend arm and pull hand in and upward toward opposite shoulder until hand is at shoulder height. End with hand in front of opposite shoulder, palm facing head, and upper body slightly rotated at the hip. Hold and slowly return to start position.

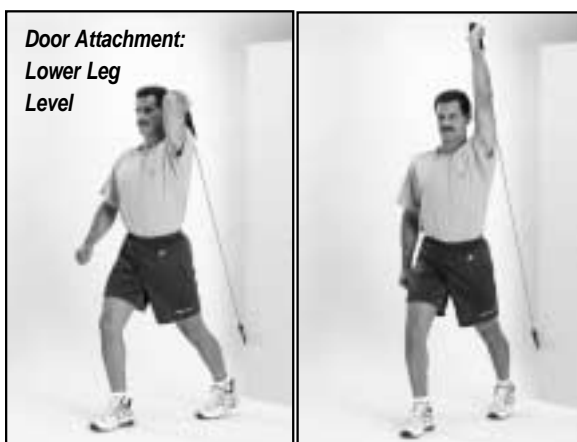
Horizontal Reverse Flye with Shift



Start: Stand in a wide square stance with feet parallel to the door. Shift body weight to the foot closest to the door, hinge torso slightly forward, and bend same side knee with hip back while keeping the opposite leg straight. Reach across body with arm furthest to the door, hold handle in one hand. Straighten arm at shoulder height with palm facing backward. Allow opposite arm to hang comfortably along side of body.

Finish: Keep wrist firm and unbent. While shifting body weight to the foot furthest to the door, pull hand outward across body at shoulder height. Lead with a slightly bent elbow and progressively straighten arm after elbow reaches shoulder height with palm ending facing forward. End with hand and elbow aligned with shoulder, torso slightly forward with leg bent slightly and hip back. Hold and slowly return to start position.

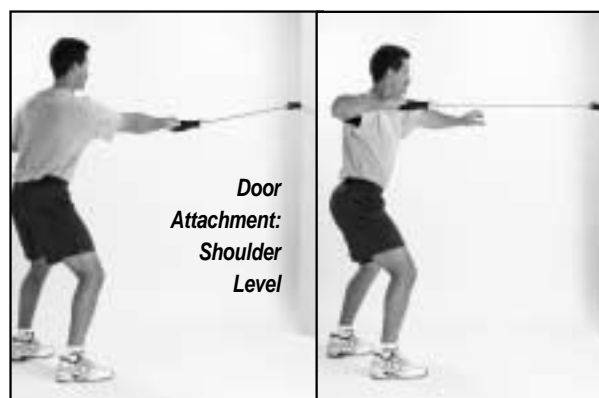
Triceps Press Up



Start: Stand in a split stance, facing away from the door. Bend knees assuming a quarter-lunge position with heel of back leg off the floor. Hold handle with back leg hand. Bend arm along side of head, align elbow directly above shoulder with palm facing toward head. Straighten opposite arm with hand in front of hip.

Finish: Keep wrist firm and unbent. While keeping elbow and shoulder stationary, slowly straighten arm while raising hand upward. End with hand, elbow, and shoulder aligned, palm facing inward, and arm straight. Hold and slowly return to start position.

High Row with Opposite Arm Punch-Out



Start: Stand in a square stance with feet slightly wider than hips facing the door. Bend knees assuming a quarter-squat position, lean upper body slightly forward, and maintain neutral alignment of low back. Hold handle in one hand and align with attachment. Straighten arm, position hand in front of body slightly below shoulder level with the palm facing downward. Bend the opposite arm and position along outer chest.

Finish: Keep the wrist firm and unbent. Slowly bend arm and pull back along side of body with elbow flared up and away from side while rotating upper body and hips slightly. Simultaneously straighten and bring opposite arm forward at shoulder height with palm facing downward, upper-lower arm 90° angle just below shoulder level. Hold and slowly return to start position.