

EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Martial Athletics™ Xercuff™.
- Mimic all activities without the Martial Athletics™ Xercuff™ until each movement is mastered.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions throughout a full range of motion, increase rest time between exercise sets or select a Martial Athletics™ Xercuff™ 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 a Martial Athletics™ Xercuff™ 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 Martial Athletics™ Xercuff™ 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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SPRI®

MARTIAL ATHLETICS™ XERCUFF™

INSTRUCTION CHART

Developed by Phil Beatty

IMPORTANT!

Please read instructions below before you use the Martial Athletics™ Xercuff™!

- Before each workout check for possible wear on the tubing.
- Avoid exposing the tubing to rough or abrasive surfaces.
- Always perform general warm-up and stretching activities prior to performing Martial Athletics™ Xercuff™ exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Perform exercises in a slow, controlled manner.
- Perform exercises through full controlled range of motion, avoiding movement compensation.
- Make sure the ankle straps are secured around ankles before performing each activity.
- 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 physical exercise program.

STANCES:

Forebalance Stance

Stand with feet hip width apart and toes pointed forward. Position arms along sides of body with closed hands along side of thighs. Bend legs slightly with knees positioned over feet. Tighten abdominal muscles and keep back straight.



Take a wide step forward with one leg while bending leg forward until knee is directly over ankle. Simultaneously bend arms and move hands upward just in front of chin with hands and arms tightened. End with front leg bent, back leg straight and stationary, and feet pointed forward.



Straddle Stance

Stand with feet hip width apart and toes pointed forward. Position arms along sides of body with closed hands along side of thighs. Bend legs slightly with knees positioned over feet. Tighten abdominal muscles and keep back straight.



Turn head to the side and take a wide step in the same direction, lowering buttocks toward floor and bending legs. Simultaneously bend arms and move hands in front of chest with hands and arms tightened. End with both legs bent, back straight, and feet pointed slightly outward.



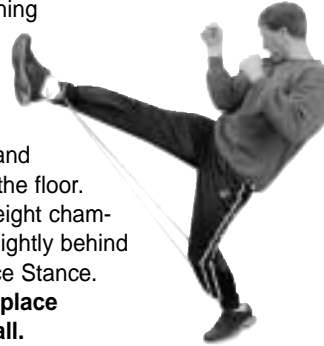
KICKS: "Chamber" refers to preparatory positioning of the leg before a kick.

Front Kick

Stand in the Forebalance Stance. Bend arms and position hands in front of chest with head facing forward. Chamber back leg by lifting knee up and forward to hip height while bending the supporting knee slightly and leaning upper body back slightly. Tighten abdominal muscles and keep back straight.



Lift leg up and forward, turning body slightly inward while fully extending kicking leg with toes pointed upward. Keep hands and arms tightened in front of chest and opposite leg stationary on the floor. Return kicking leg to hip height chamber, set kicking leg down slightly behind body, resuming Forebalance Stance. **Note: For extra stability, place hand on a chair or the wall.**



Side Kick

Stand with feet hip width apart and toes pointed forward. Bend arms, position kicking side hand just outside of body, with opposite arm in front of chest, head and eyes facing in the direction of the kick. Step into Straddle Stance, lift and chamber the kicking leg knee upward to the side while keeping bottom of foot facing the floor, and supporting knee slightly bent. Tighten abdominal muscles and keep back straight.



Leading with the heel, extend the kicking leg to the side until leg is straight and foot is parallel to the floor. Keep hands and arms tightened in front of chest and opposite leg stationary on the floor. Re-chamber knee and resume Straddle Stance. **Note: For extra stability, place hand on a chair or the wall.**



Back Kick

Stand in the Forebalance Stance. Bend arms and position hands in front of chest with head and eyes facing in the direction of the kick. Chamber front leg with knee under hip and toes pointed downward and shin parallel to the floor. Tighten the abdominal muscles and keep back straight.



Leading with the heel, extend kicking leg back and upward until leg is straight. Keep hands and arms tightened in front of chest and opposite leg stationary on the floor. Lower kicking leg down and resume Forebalance Stance. **Note: For extra stability, place hand on a chair or the wall.**



Round Kick

Stand with feet together, toes pointed forward, and knees slightly bent. Bend arms close to body with head and eyes facing in the direction of the kick. Step into Straddle Stance, lead with the knee, chamber kicking leg by lifting upward to the side, and open hips in the same direction while keeping the heel close to the buttock. Tighten abdominal muscles and keep back straight.



Keep supporting leg stationary, hinge at knee, extend kicking leg until leg is straight and aligned with the hip. Keep hands and arms tightened close to body and opposite leg stationary on the floor. Re-chamber the kick by bending at the knee and set foot down in Straddle Stance. **Note: For extra stability, place hand on a chair or the wall.**

