



# THE STEP TUBE INSTRUCTION CHART

**IMPORTANT!  
PLEASE READ THE INSTRUCTIONS  
BELOW BEFORE YOU USE  
THE STEP TUBE!**

- Before each workout check for possible wearing of the tube.
- Perform only the exercises as shown in this chart.
- Perform an equal number of repetitions with each arm or leg and work opposing muscle groups equally to avoid muscular imbalances.
- Always control the resistance, especially during the return phase of movement.
- Avoid stretching the tube beyond two times its resting length.
- Wear appropriate footwear while exercising with the Step Tube.
- Make sure the Step Tube is secure under the step before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding breath while exercising.
- Consult your physician before beginning any type of exercise program.

## EXERCISE INSTRUCTION:

1) Mimic all exercises without the Step Tube until proficiency is exhibited with each movement.

2) Perform 1-3 sets of 8-12 repetitions of each exercise selected during each exercise session. Rest approximately 30-60 seconds between each set.

3) If unable to accomplish (8) repetitions, select a Step Tube which provides a lesser amount of resistance.

4) If unable to achieve moderate to maximal muscular fatigue following the completion of (12) repetitions, select a Step Tube which provides a greater amount of resistance.

### QUESTIONS???

Please feel free to call our toll-free number with any questions about the Step Tube or other SPRI products.

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### ARM CURL

(biceps)

**Start:** Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.

**Finish:** Bend elbows and raise hands up in front of body to shoulder height. Keep wrists firm and elbows at sides. Return slowly to start and repeat.



### SIDE RAISE

(deltoids)

**Start:** Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.

**Finish:** Lift arms up and away from sides of body to shoulder height. Keep wrists firm and elbows slightly bent. Return slowly to start and repeat.



### FRONT RAISE

(deltoids)

**Start:** Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles, extend arms directly under shoulders with palms of hands facing legs.

**Finish:** Lift arms up and forward. Keep wrists firm and elbows slightly bent soft. Return slowly to start and repeat.



### MID BACK ROW

(trapezius, rhomboids, latissimus dorsi)

**Start:** Stand on center of step, slight bend in the knees, and tubing directly under platform. Cross tubing and grasp handles.

**Finish:** Bend slightly forward at the waist while keeping back straight and chest high. Pull tubing up and back, squeezing shoulder blades together. Return slowly to start and repeat.



### ARM EXTENSION

(triceps)

**Start:** Stand in a staggered lunge position on center of step with tubing directly under platform. Hold one handle on the knee of the front leg. Pull other handle up to waist level with palms in and elbow pointing back.

**Finish:** Press forearm back, rotating lower arm so palm ends facing upward. Keep elbow tucked along side of body. Return to start and repeat.



### SQUAT

(quadriceps/hamstrings/gluteals)

**Start:** Stand on center of step, slight bend in the knees, tubing under step. Grasp one handle in each hand and position at chest height.

**Finish:** Keep chest high and squeeze shoulder blades together. Sit down until legs form an approximate 90 degree angle, while keeping the knees behind the toes. Straighten legs, slowly return to start and repeat.