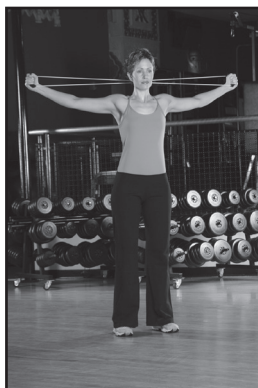
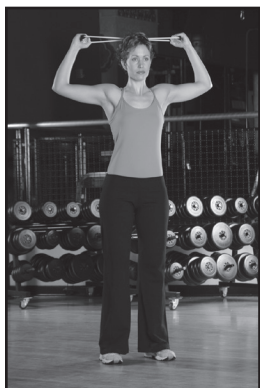


### Arm Curl (Biceps)

**Start:** Stand in a staggered stance and place one handle under arch of foot. Grasp the other handle and straighten arm along side of body.

**Finish:** Bend elbow and lift arm toward chest, keeping elbow close to side of body. Return to start and repeat.



### Arm Extension (Triceps)

**Start:** Stand with feet hip width apart and knees slightly bent. Grasp handles and position behind head with arms forming a 90 degree angle and palms facing in.

**Finish:** Straighten arms until parallel with floor, ending with palms facing up. Return to start and repeat.

## Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Ultra Toner™.
  - 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.
  - When applicable, perform an equal number of exercise repetitions with each arm 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 an Ultra Toner™ 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 an Ultra Toner™ 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 Ultra Toner™ exercise session.

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.  
800-222-7774 – [www.spri.com](http://www.spri.com)

**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.

**SPRI** The leading manufacturer and distributor of health, fitness and wellness exercise products

SPRI Products Libertyville, Illinois 60048

SPRI and Ultra Toner are registered trademarks of SPRI Products

©2007 SPRI Products

UT-C / v.2008

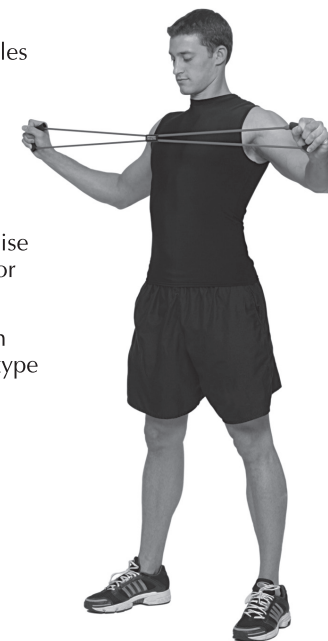
# SPRI®

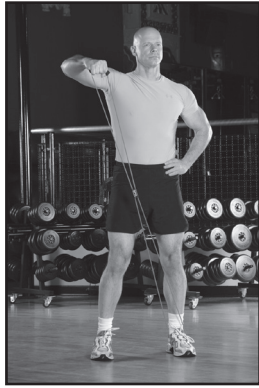
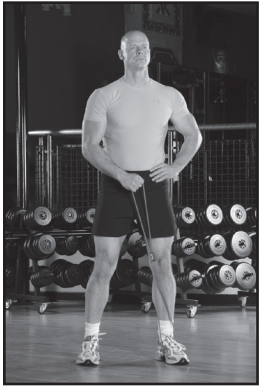
## Ultra Toner™

### IMPORTANT!

Please read the instructions below before using the Ultra Toner™.

- Before each workout, check for possible wear of the Ultra Toner™.
- Always perform general warm-up activities prior to performing Ultra Toner™ exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Avoid exposing the Ultra Toner™ to rough or abrasive surfaces.
- Wear appropriate footwear while using the Ultra Toner™.
- Make sure the Ultra Toner™ is secure in hand and under/around foot before beginning each exercise.
- 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.

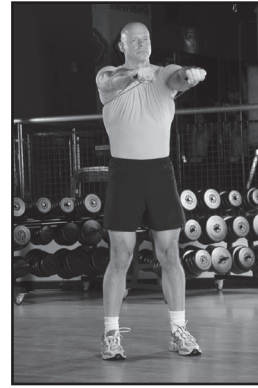




### Shoulder Raise (Deltoids)

**Start:** Stand with feet shoulder width apart and knees slightly bent. Grasp one handle with palm facing down and place the other handle under the arch of opposite foot. Position arm in front of body at waist height.

**Finish:** Bend arm, lifting up and away from side of body, to shoulder height. Avoid over extending shoulder or locking elbow. Return to start and repeat.



### Chest Press (Pectorals)

**Start:** Stand with feet hip width apart and knees slightly bent. Place tubing behind the back, below shoulder blades. Grasp handles with palms facing down and position hands just outside shoulder width.

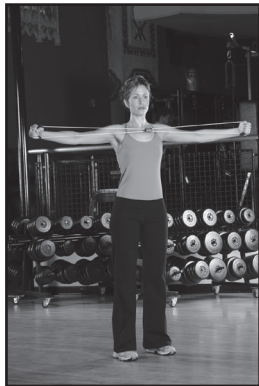
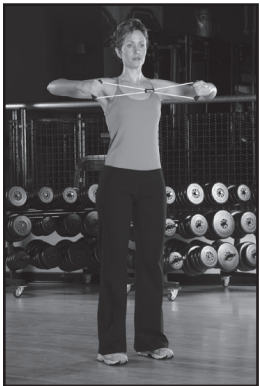
**Finish:** Press arms forward, rotating shoulders and ending with palms facing down. Return to start and repeat.



### One Arm Seated Row (Rhomboids/Biceps)

**Start:** Sit with legs bent, heels on floor, and toes pointed forward. Grasp one handle and place the other handle around arch of opposite foot. Straighten arm in front of chest with hand of opposite arm on hip.

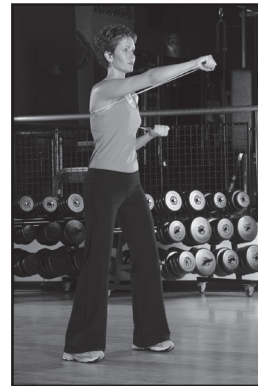
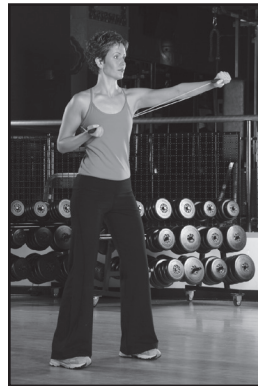
**Finish:** Bend and raise arm up and back behind body while keeping knees bent, heels on floor and toes pointed forward. Return to start and repeat.



### Mid Back Pull (Rhomboids/Triceps)

**Start:** Stand with feet hip width apart and knees slightly bent. Grasp handles with palms facing in, extend arms and hold out in front of body at chest height.

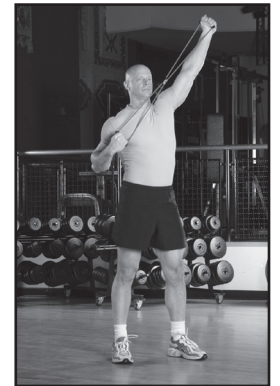
**Finish:** Pull arms back and out to sides until hands are aligned with shoulders. Return to start and repeat.



### Alternating Punch (Pectorals)

**Start:** Stand with feet shoulder width apart and knees slightly bent. Grasp handles and place tubing across upper back. Straighten one arm in front of shoulder and bend opposite arm along side of body.

**Finish:** Straighten bent arm and bend straight arm while rotating shoulders and keeping wrists firm. Return to start and repeat.



### Low Back Pull Down (Latissimus Dorsi)

**Start:** Stand with feet hip width apart and knees slightly bent. Grasp each handle. Extend one arm above head and bend opposite arm, positioning hand above same side shoulder.

**Finish:** Pull bent arm down and back, ending with hand just below same side shoulder. Return to start and repeat.