

SET-UP INSTRUCTIONS



1.

Sit with legs straight and position tubing at your feet while making sure that there are no twists in the tubing, near the handles or the cuffs.



2.

Strap the cuff closest to you securely around the arch of closest foot.



3.

Strap the other cuff securely around the arch of the opposite foot.



4.

Hold one handle in each hand. Lift tubing positioned in front of heels up and over the feet.

HINT: When the Pilates Double Xertube® is applied and positioned correctly, the tubing should create an "X" in the middle with one triangle above each leg.



EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Pilates Double Xertube® prior to each exercise being performed with the Pilates Double Xertube®.
 - 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 / 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 -**
- 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.
 - Perform each exercise a maximum of 2-3 times per week.
 - Allow 24-48 hours of complete rest between each Pilates Double Xertube® exercise session.

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

**SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774**

www.spriproducts.com

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PILATES DOUBLE XERTUBE®

INSTRUCTION CHART

IMPORTANT!

Please read the instructions below prior to using the Pilates Double Xertube®!

- Before beginning each exercise session, check for wear on the cuffs and tubing.
- Avoid exposing the tubing to rough or abrasive surfaces.
- Always perform general warm-up activities prior to performing Pilates Double Xertube® exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Make sure the cuffs are securely positioned on the feet before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while performing exercises.
- Always keep back straight and abdominal muscles tight when performing each exercise.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Chest Expansion



Start: Position cuffs securely around arch of each foot and grasp handles with palms facing backward. Sit on floor with back and legs straight and kneecaps facing upward. Straighten arms and position in front of body, along sides of thighs.

Finish: As you inhale, slowly press hands backward while keeping arms straight. Keep back straight, abdominal muscles pulled inward, legs straight, and buttocks positioned firmly on the floor. Hold and slowly return to start position while exhaling.

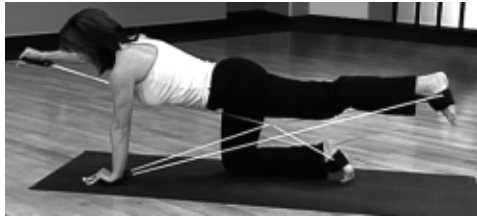


Opposite Arm / Leg



Start: Position cuffs securely around arch of each foot and grasp handles with palms facing downward. Kneel on floor with knees directly below hips and legs hip width apart. Position hands on the floor shoulder width apart with elbows and wrists directly below shoulders.

Finish: As you inhale, slowly lift one arm up and forward, and press the opposite side leg backward. Lift the arm and leg as high as you can without losing your spinal position. Keep elbows stationary, back straight, abdominal muscles pulled inward, and non-exercising knee and hand positioned firmly on the floor. Hold and slowly return to start position while exhaling.

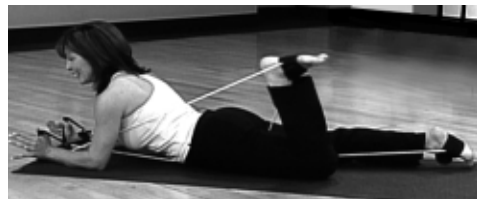


Single Leg Kick



Start: Position cuffs securely around arch of each foot and grasp handles with palms facing inward. Lie on the floor face down with hips, legs, and toes on the floor. Bend arms and position elbows directly below shoulders resting the weight of the upper body on the forearms. Draw the ribcage up and away from the floor by pulling the abdominal muscles up and in.

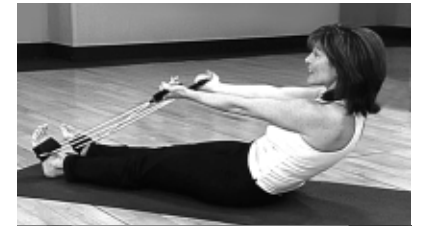
Finish: As you inhale, slowly bend one leg up toward the buttock. Keep arms, hips positioned firmly on the floor with non-exercising side leg reaching long into the tube along the floor. Hold and slowly return to start position while exhaling.



Arm Curl

Start: Position one cuff securely around arch of each foot and grasp one handle in each hand with elbows bent and palms facing upward. Sit on floor with feet flexed, legs straight and kneecaps facing upward. Roll the spine back into a C-curve while drawing the abdominal muscles inward and keeping the chest open.

Finish: As you exhale, slowly bend arms up and back toward head while keeping elbows stationary and spine in a C-curve. Keep the elbows stationary, abdominal muscles pulled inward, and tailbone reaching toward the heels. Hold, and straighten arms while inhaling. Repeat the arm curl 8 -12 times and then roll back up to start position.



Sidelying Leg Kick

Start: Position one cuff securely around arch of each foot. Lie on side with one leg directly on top of the other leg, toes pointed, foot and knee aligned with hip and grasp both handles in hand of top arm. Bend arm and position hand in front of hips. Bend the opposite arm and support upper body on forearm and elbow while keeping upper body and hip lifted off the floor.

Finish: As you inhale, flex foot and slowly lift top leg upward while reaching long into the tube. Keep non-exercising leg reaching into the tube along the floor, hip and upper body off floor, and abdominal muscles pulled inward. Hold and slowly return to start position while exhaling.



Modified Swan



Start: Position one cuff securely around arch of each foot and grasp one handle in each hand with palms facing downward. Lie on the floor face down with chest, hips, legs, and toes on the floor while keeping shoulders and upper arms slightly off the floor. Bend arms and align elbows with shoulders and position hands and lower arms on the floor.

Finish: As you inhale, reach through the legs into the tube while lifting feet and knees off the floor. Reach through the leg into the tube while lifting feet and knees off the floor. Exhale as you return to the start position. Keep hips on the floor during the movement.