

# SPRI®

## Weighted Bar

**IMPORTANT!**  
Please read the instructions below before using the SPRI Weighted Bar.

- Before each workout, check for possible wear/tears of the SPRI Weighted Bar.
- Always perform general warm-up activities prior to performing SPRI Weighted Bar exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Avoid exposing the SPRI Weighted Bar to rough, sharp or abrasive surfaces.
- Wear appropriate footwear while using the SPRI Weighted Bar.
- Make sure the SPRI Weighted Bar is secured in hands or 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.

## Exercise Instruction



### Lunge (Upper Legs/Buttocks)

**Start:** Grasp bar outside shoulder width and position on top of upper back with elbows flared under bar. Stand with one leg in front and the other leg behind the body. Straighten legs and position feet hip width apart.

**Finish:** Tighten stomach muscles, keep heel of back foot off floor, toes pointed forward and knees aligned with feet. Slowly bend legs, lower hips toward floor until knee of back leg reaches height of back heel and front knee is directly above ankle of front foot. Slowly straighten the legs, return to start position and repeat. Switch leg positions and repeat an equal number of repetitions.

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the SPRI Weighted Bar.
  - 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 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 a SPRI Weighted Bar 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 a SPRI Weighted Bar 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 band 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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**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.

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### Trunk Curl (Stomach)

**Start:** Lie on back with legs bent, feet and head on floor. Grasp bar just inside shoulder width, bend arms, hug bar to chest and position elbows along sides of body.

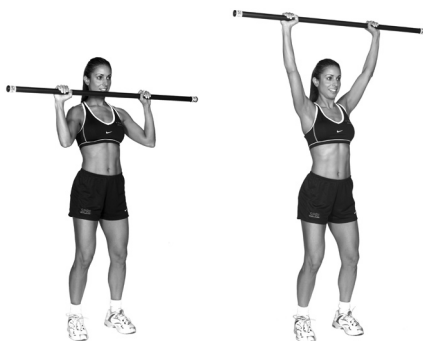
**Finish:** Keep arms and legs stationary, head and shoulders aligned. Tighten stomach muscles, bend forward at the waist and slowly curl head and shoulders toward upper legs. Return slowly to start position and repeat.



### Chest Press (Chest)

**Start:** Lie face up on top of bench with head supported, legs bent and feet on floor. Grasp bar outside shoulder width, bend arms, flare elbows and position bar just above chest.

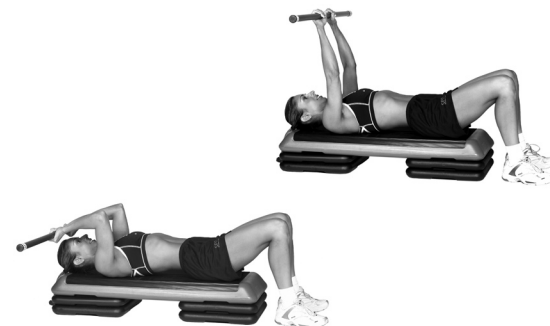
**Finish:** Tighten stomach muscles, keep head and lower body stationary. Slowly straighten arms and press bar upward directly above shoulders. Bend arms, return slowly to start position and repeat.



### Overhead Press (Shoulders)

**Start:** Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar just outside shoulder width, bend arms, position elbows along sides of body with bar in front of chin.

**Finish:** Tighten stomach muscles, keep lower body stationary and head over shoulders. Slowly straighten arms and press bar upward directly above shoulders. Return slowly to start position and repeat.



### Arm Press-Up (Back Arms)

**Start:** Lie face up on top of bench with head supported, legs bent and feet on floor. Grasp bar shoulder width apart, bend arms, position elbows directly above shoulders with bar just above forehead.

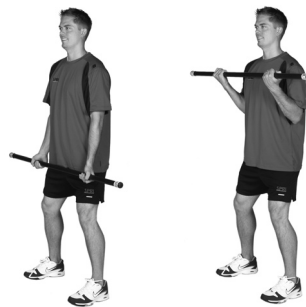
**Finish:** Tighten stomach muscles, keep elbows above shoulders with head and lower body stationary. Slowly straighten arms and press bar upward directly above shoulders. Bend arms, return to start position and repeat.



### Row (Mid/Upper Back)

**Start:** Stand in a staggered lunge position with front leg bent, foot on top of bench, and elbow of same side arm on top of leg. Bend forward at the waist and straighten back leg. Grasp middle of bar with same side hand, extend the arm and position hand directly below same side shoulder.

**Finish:** Tighten stomach muscles, keep back flat and head aligned with shoulders. Slowly bend the arm and pull hand upward toward same side shoulder until upper arm is parallel to floor. Straighten arm, return slowly to start position and repeat. Reposition body and repeat an equal number of repetitions with the opposite arm.



### Arm Curl (Front Arms)

**Start:** Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar shoulder width apart, straighten arms along sides of body and position bar in front of upper legs.

**Finish:** Tighten stomach muscles, keep body stationary and elbows directly under shoulders. Slowly bend arms and lift bar up and forward until hands are in front of shoulders. Straighten arms, return slowly to start position and repeat.



### Squat (Upper Legs/Buttocks)

**Start:** Stand with feet shoulder width apart, knees slightly bent, chest high and shoulders back. Grasp bar outside shoulder width and position it on top of upper back with elbows flared under bar.

**Finish:** Tighten stomach muscles, keep chest high, eyes forward, heels on floor, and knees aligned with feet. Slowly sit back and bend legs until knees are directly over toes. Press through the heels and slowly straighten the legs. Return to the start position and repeat.