

## EXERCISE INSTRUCTIONS

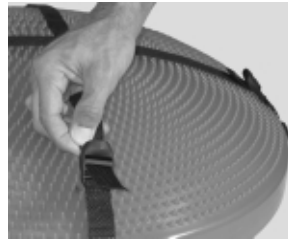
- As a warm-up, perform each selected exercise 3-5 times without the Xerdisc™ Plus Tubing System.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each side of body to avoid the development of muscle and joint range of motion imbalances.
- Perform each exercise with good control through a full range of motion.
- If over-challenged and unable to perform an exercise for (8) repetitions with good control, select a Xerdisc Plus™ Tube that provides a lesser amount of resistance or adjust length of tube accordingly.
- If under-challenged following the completion of an exercise for (12) repetitions, select a Xerdisc Plus™ Tube that provides a greater amount of resistance or adjust length of tube accordingly.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Xerdisc Plus™ Tubing System exercise session.

## STRAP & TUBING ASSEMBLY

**Step 1:** Position strap flat on floor in a criss-cross pattern with both D-rings and top of both buckles in contact with floor. Position center of smooth-side of disc face down on floor on top of tubing system where straps intersect.



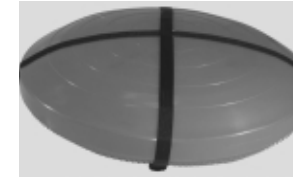
**Step 2:** Bring long end of one strap across the top of spiked-side of disc and insert end of strap through bottom slot of buckle located at opposite end of strap.



**Step 3:** Next, insert the same end of strap back through the top slot of buckle and pull firmly to tighten. Repeat Step 2 and Step 3 with remaining tubing system strap, creating a criss-cross pattern across center of spiked-side of disc.



**Step 4:** Turn disc over and place spiked-side down on floor with straps crisscrossing at the center of smooth-side of disc, and both D-rings positioned along opposing sides of disc.



**Step 5:** Now, select a pair of matching length and color tubing system tubes (refer to each exercise for proper tubing length). Clip end of one tube to one D-ring. Clip end of remaining tube to D-ring located along opposite side of disc.



**Step 6:** Clip opposite end of one tube to one of any of the four available holes located along neck of handle. Repeat and clip remaining tube to identical handle hole location. For increased tubing length and less resistance, position tubing clip through handle hole located further away from foam handle. For decreased tubing length and more resistance, position tubing clip through handle hole located closer to foam handle.



## GENERAL XERDISC™ PLUS TUBING PRODUCT CARE

- Keep away from sharp objects and surfaces •
- Be sure to check the Xerdisc™ Plus for proper inflation before each use •
- To inflate simply remove the plug and inflate with a hand-held pump, or with air compressor •
- Re-insert plug flush with the surface of the disc to avoid air leakage •
  - Avoid over-inflation of the Xerdisc™ Plus •
- Avoid excessive bouncing or jumping on the Xerdisc™ Plus •

# SPRI®

## XERDISC™ PLUS TUBING SYSTEM

INSTRUCTION SHEET

*Developed by Greg Niederlander, M.S.*

### IMPORTANT!

***Please read the instructions below before using the Xerdisc™ Plus Tubing System!***

- Be sure to properly attach Xerdisc™ Plus Straps to disc and secure tubing clips to straps before performing Xerdisc Plus™ Tubing System exercises. (See strap & tubing assembly instructions)
- Do not place the Xerdisc™ Plus with attached tubing system on slick, slippery, or abrasive surfaces.
- Always perform general warm-up activities prior to performing the Xerdisc™ Plus Tubing System exercises.
- Perform only the exercises as shown on this sheet, or other SPRI® produced informational resources.
- Mimic all exercises without the tubing until proficiency is achieved with each exercise.
- Wear appropriate footwear to perform exercises.
- Perform exercises in a slow, controlled manner.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

***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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## Chest Press (Short Tube)

**Start:** Lie on back with head, shoulders and upper back balanced on disc. Grasp one handle in each hand with palms facing forward, bend arms and position elbows at chest height just below shoulders. Bend legs, position feet flat on floor hip width apart with buttocks on the floor.

**Finish:** Slowly straighten arms, squeeze chest together and position hands directly above chest with palms facing forward. Keep head and upper back balanced on disc with buttocks and feet stationary on floor. Hold 1-2 seconds and slowly return to start position.



## Ab Curl (Short Tube)

**Start:** Lie on back with shoulders, upper back, lower back and hips balanced on disc. Grasp one handle in each hand with palms facing downward, straighten arms and position along sides of body just above hips. Bend legs, position feet flat on floor hip width apart with buttocks off floor.

**Finish:** Slowly reach extended arms forward and upward toward knees, raising shoulders and upper back upward off disc, while tightening abdominal muscles and pulling ribs down toward hips. Keep head above shoulders, feet stationary with lower back and hips balanced on disc. Hold 1-2 seconds and slowly return to start position.



## Overhead Press (Short Tube)

**Start:** Lie face down with chest, stomach, and hips balanced on disc. Grasp one handle in each hand with palms facing downward, bend arms and position elbows at shoulder height. Bend legs slightly, position knees and toes on floor hip width apart.

**Finish:** Slowly straighten arms overhead, squeeze shoulder blades together and position hands directly above shoulders with palms facing downward, while raising chest upward off disc. Keep stomach and hips balanced on disc with knees and toes stationary on floor. Hold 1-2 seconds and slowly return to start position.



## Leg Lift (Short Tube)

**Start:** Place tubing handle around ball of one foot, kneel and position both knees on disc directly below hips. Position toes on floor directly behind knees, hands flat on floor directly below shoulders with arms straight and head, shoulders and hips aligned and parallel with floor.

**Finish:** Slowly straighten leg upward and backward directly behind same side hip while balancing on opposite knee and hands. Keep toes of opposite leg on floor with arms straight and head, shoulders and hips stationary. Hold 1-2 seconds, and slowly return to start position.



## Low Row (Short Tube)

**Start:** Stand on disc and position feet hip width apart with toes pointed forward. Grasp one handle in each hand with palms facing inward, bend forward at the hips, straighten arms and position directly below shoulder. Keep legs partially bent and align head, shoulders and hips.

**Finish:** Slowly bend arms upward and backward along sides of body with palms of hands facing inward. Keep feet and lower body stationary with head, shoulders, and hips aligned. Hold 1-2 seconds and slowly return to start position.



## Dead Lift (Short Tube)

**Start:** Stand on disc and position feet hip width apart with toes pointed forward. Grasp one handle in each hand with palms facing backward and straighten arms along sides of body. Bend knees slightly with head, shoulders, hips and feet aligned.

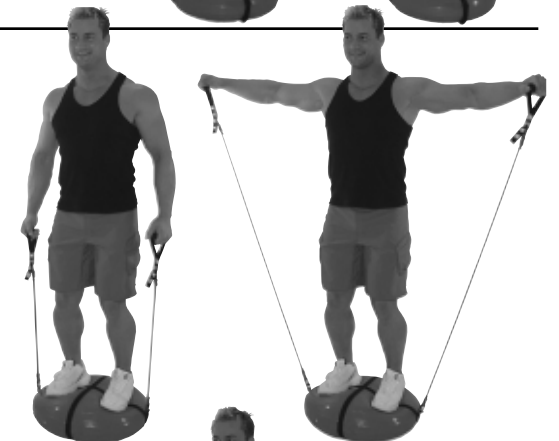
**Finish:** Slowly bend forward at the hips, push buttocks backward and partially bend knees. Keep knees over ankles, hands directly below shoulders and just below knees with back straight and feet flat on disc. Hold 1-2 seconds and slowly return to start position.



## Side Arm Raise (Long Tube)

**Start:** Stand on disc and position feet hip width apart with toes pointed forward. Grasp one handle in each hand with palms facing inward and straighten arms along sides of body. Bend knees slightly with head, shoulders, hips and feet aligned.

**Finish:** Slowly raise extended arms upward and away from sides of body to shoulder height with palms of hands facing downward. Keep feet and lower body stationary with head, shoulders, hips, and feet aligned. Hold 1-2 seconds and slowly return to start position.



## Squat (Long Tube)

**Start:** Stand on disc and position feet hip width apart with toes pointing forward. Grasp one handle in each hand with palms facing forward, bend arms up and away from sides of body and position hands above and just outside shoulders. Bend knees slightly with head, shoulders, hips and feet aligned.

**Finish:** Slowly bend knees, bend slightly forward at the hips, and lower buttocks until knees are directly above toes. Keep knees over feet, head aligned with shoulders, and feet flat on disc. Hold 1-2 seconds and slowly return to start position.

