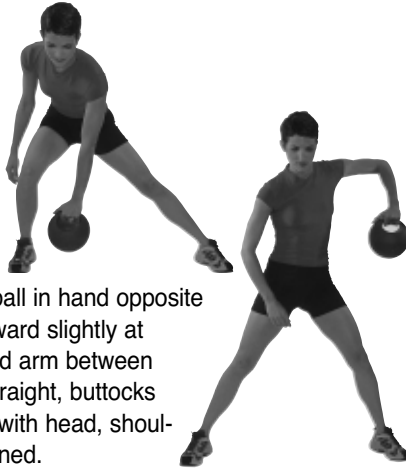


Side Lunge / Lift

Start: Stand with feet slightly wider than shoulder width part, bend and transfer weight onto one leg while keeping opposite leg straight and feet flat on floor. Hold ball in hand opposite bent leg, bend forward slightly at the hips and extend arm between legs. Keep back straight, buttocks pushed backward with head, shoulders, and hips aligned.



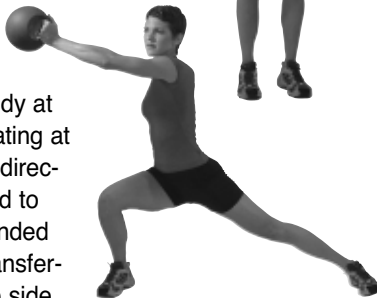
Finish: Slowly bend and lift arm up and away from side of body while straightening bent leg, transferring weight onto extended opposite leg, pushing hips and buttocks forward. Keep arms bent with elbow at shoulder height and ball directly below elbow. Hold 1-2 seconds and return slowly to start position.

Side Lunge / Reach

Start: Stand with feet hip width apart. Hold ball with one hand, straighten arm and position ball in front of, and just above same side shoulder. Keep shoulders, hips, and feet square with knees slightly bent.



Finish: Slowly step out and away from side of body, bending leg and moving extended arm across front of body at chest height while rotating at the waist in the same direction, and allowing head to follow. Keep arm extended over bent leg while transferring weight onto same side leg with knee over toes, opposite leg straight and feet flat on floor. Hold 1-2 seconds, straighten and lift bent leg, returning slowly to start position.



EXERCISE INSTRUCTIONS

- Perform 5-10 minutes of rhythmic movement warm-up activities before each exercise session.
- Focus on form and practice each selected exercise 5 times before performing the exercise with the Single Handle Xerball®.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Perform an equal number of exercises with each side of the body 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 Single Handle Xerball® that provides less 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 Single Handle Xerball® that provides more resistance.
- Perform select exercises a minimum of 3 times weekly for optimal results.
- Allow 24-48 hours of rest between selected body region exercises.

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

**SPRI® Products, Inc.
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SPRI®

SINGLE HANDLE XERBALL®

INSTRUCTION SHEET

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below prior to using the Single Handle Xerball®!

- Always perform general warm-up activities prior to performing Single Handle Xerball® exercises.
- Perform only the exercises as shown on this sheet, or other SPRI® produced informational resources.
- Mimic all exercises without the Single Handle Xerball® until proficiency is achieved with each movement.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while performing exercises.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

Squat Side Lift

Start: Stand with feet shoulder width apart. Hold ball with one hand and extend arm in front of body between legs. Keep shoulders and feet square, bend slightly forward at the hips with knees slightly bent.

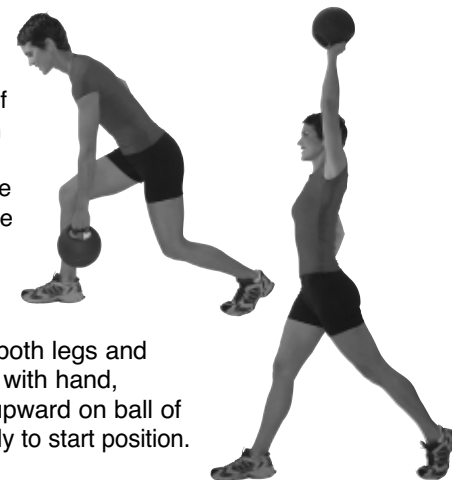
Finish: Slowly lift extended arm up and away from side of body while rotating upward and backward from the waist in the same side direction. Keep arm extended with head and feet stationary while transferring weight onto leg in same direction as movement and lifting heel of opposite foot off floor. Hold 1-2 seconds and return slowly to start position.



Front Lunge / Lift

Start: Stand and position one leg in front of body and opposite leg behind body hip width apart. Bend both legs, hold ball in hand opposite front leg, bend forward slightly at the hips and extend arm directly below same side shoulder. Keep head, shoulders and hips aligned with heel of back foot off floor.

Finish: Slowly lift extended arm forward and upward overhead while straightening both legs and pushing hips forward. Keep arm extended with hand, shoulders, and hips aligned while raising upward on ball of back foot. Hold 1-2 seconds and return slowly to start position.



Squat Overhead Press

Start: Stand with feet shoulder width apart. Hold ball with one hand, bend arm and position ball just above same side shoulder. Keep shoulders, hips, and feet square with knees partially bent.

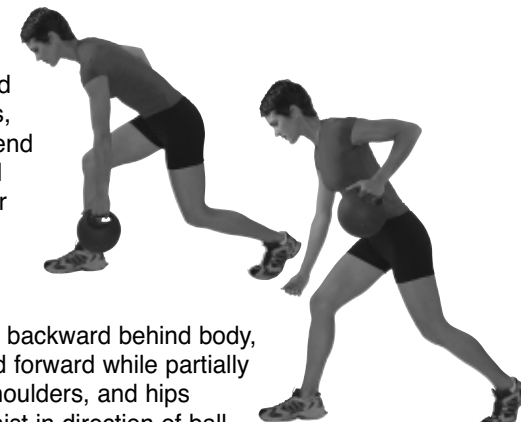
Finish: Slowly lift and extend arm upward slightly out in front of opposite side shoulder while rotating head, hips, shoulders and same side foot in direction of ball. Keep opposite foot flat on floor while transferring weight onto front leg, partially extending knees and lifting heel of back foot off floor. Hold 1-2 seconds and return slowly to start position.



Front Lunge Row

Start: Stand and position one leg in front of body and opposite leg behind body hip width apart. Bend both legs, hold ball in hand opposite front leg, bend forward slightly at the hips and extend arm directly below same side shoulder with opposite arm bent along side of body. Keep head, shoulders and hips aligned with heel of back foot off floor.

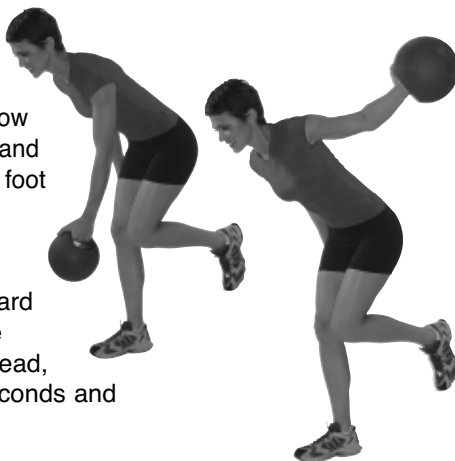
Finish: Slowly bend arm upward and backward behind body, straighten opposite arm downward and forward while partially straightening both legs. Keep head, shoulders, and hips aligned while rotating slightly at the waist in direction of ball movement. Hold 1-2 seconds and return slowly to start position.



Squat Back Lift

Start: Stand and balance on one foot. Hold ball with opposite side hand, bend forward at the hips and extend arm directly below same side shoulder. Keep head, shoulders, and hips aligned, balancing leg slightly bent with foot of opposite leg lifted off floor.

Finish: Slowly lift extended arm up and away from side of body while rotating upward and backward slightly from the waist in the same direction. Keep arm extended with head, hips, legs, and feet stationary. Hold 1-2 seconds and return slowly to start position.



Side Lunge Diagonal Lift

Start: Stand with feet slightly wider than shoulder width apart, bend and transfer weight onto one leg while keeping opposite leg straight and feet flat on floor. Hold ball in hand opposite bent leg, bend forward slightly at the hips and extend arm between legs. Keep back straight, buttocks pushed backward with head, shoulders and hips aligned.

Finish: Slowly lift extended arm up and away from side of body while rotating upward and backward from the waist in the same side direction, allowing head to follow. Keep arm extended overhead just outside shoulder width with feet stationary while transferring weight onto leg in same direction as movement and lifting heel of opposite foot off floor. Hold 1-2 seconds and return slowly to start position.

