

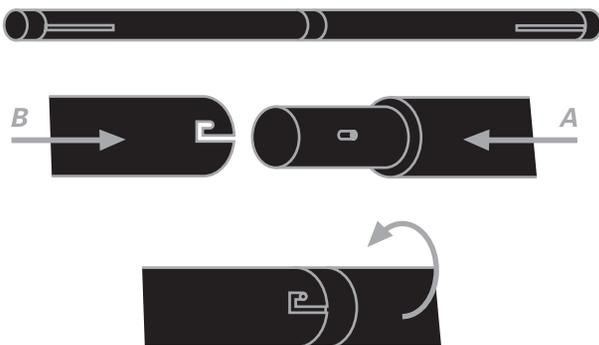
Attachment of the Xertube™

1. Remove the black end caps from the Xercise Bar.
2. Slide the handles of the elastic, ensuring that the strap, slides into the slot in the Xercise Bar.
3. Replace the black cap on the end and repeat with the opposite side.

Handle Insertion:



Bar Assembly:



Exercise Instruction

- Always grip the Xercise Bar with hands shoulder width apart.
- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Xercise 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 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 select a level of tubing 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 level of tubing 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 Xercise Bar 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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Xercise Bar™ Instruction Sheet

IMPORTANT!

Please read the instructions below before using the Xercise Bar™

- Before each workout, check for possible wear of the Xercise Bar.
- Always perform general warm-up activities prior to performing Xercise Bar exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Make sure plugged ends of tubing are securely positioned at each end of the bar.
- Wear appropriate footwear while using the Xercise Bar .
- 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.

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Squats

Start: Stand with feet shoulder width apart and knees slightly bent. Place tubing securely under feet with toes pointing forward, grasp ends of bar and position behind head across top of shoulders with palms facing forward. Bend arms and position hands just above shoulder height with elbows along sides of body.

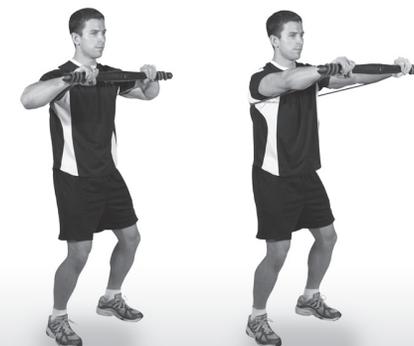
Finish: Slowly bend legs while pushing buttock backward, keeping knees aligned with feet. Maintain straight back position with abdominal muscles tight and chest high. Slowly return to start position and repeat.



Bicep Curls

Start: Stand with feet staggered front to back hip width apart and knees slightly bent. Place tubing securely under front foot with toes pointing forward. Grasp bar just outside shoulder width with palms facing forward. Straighten arms along sides of body and position hands slightly forward of shoulders.

Finish: Slowly bend arms while keeping elbows directly below shoulders. Position hands at chest height with palms facing upward and hands aligned with forearms. Keep abdominal muscles tight and lower body stationary. Slowly return to start position and repeat.



Chest Press

Start: Stand with feet shoulder width apart and knees slightly bent. Place tubing securely around upper back and under arms, grasp bar just outside shoulder width with palms facing downward. Roll bar forward, wind tubing around bar to create desired resistance length. Bend arms and position hands at chest height with elbows up and away from sides of body.

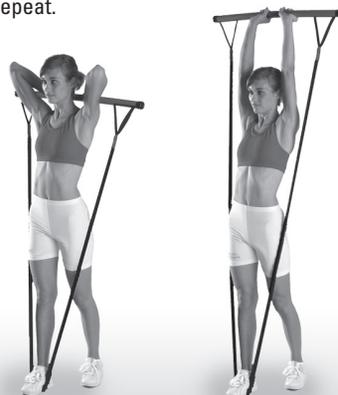
Finish: Slowly straighten arms, position hands directly in front of shoulders with palms facing downward and hands aligned with forearms. Keep abdominal muscles tight and lower body stationary. Slowly return to start position and repeat.



Squat Press

Start: Stand with feet shoulder width apart and bend knees. Place tubing securely under feet, grasp bar just outside shoulder width with palms facing forward. Bend arms and position hands at shoulder height with elbows along sides of body.

Finish: Slowly straighten legs while simultaneously straightening arms overhead. Position hands directly over shoulders with palms facing upward and wrists aligned with forearms. Keep abdominal muscles tight and head stationary. Slowly return to start position and repeat.



Triceps Extension

Start: Stand with feet shoulder width apart and knees slightly bent. Place tubing securely under feet, grasp bar shoulder width apart and position behind head. Bend arms, position elbows above shoulders and hands at elbow height with palms facing upward.

Finish: Slowly straighten arms overhead while keeping elbows stationary. Position hands directly over shoulders with palms facing forward and wrists aligned with forearms. Keep abdominal muscles tight and lower body stationary. Slowly return to start position and repeat.



Upright Row

Start: Stand with feet staggered front to back hip width apart and knees slightly bent. Place tubing securely under front foot with toes pointing forward. Grasp bar just outside shoulder width with palms facing backward. Straighten arms along sides of body and position hands directly below shoulders.

Finish: Slowly bend arms while lifting elbows up and away from sides of body to shoulder height. Position hands at chest height with palms facing downward and hands aligned with forearms. Keep abdominal muscles tight and lower body stationary. Slowly return to start position and repeat.