



ULTRA TONER™ INSTRUCTION CHART

Exercises by Mark Cibrario, CSCS

IMPORTANT!

PLEASE READ THE INSTRUCTIONS BELOW BEFORE
YOU USE THE ULTRA TONER!

- Before each workout check for possible wear on the tubing.
- Perform only the exercises as shown in this chart or "The Complete Guide to Rubberized Resistance Exercises."
- Avoid using the Ultra Toner™ on a rough or abrasive surface.
- Wear appropriate footwear when using the Ultra Toner™.
- Make sure the tubing is secure in hand, under (or) around your foot before you begin the exercise.
- Perform exercises in a slow and controlled manner.
- Avoid holding breath while exercising.
- Consult your physician before beginning any type of exercise program.

Exercise Instructions:

1) Mimic all exercises without the Ultra Toner™ until proficiency is exhibited with each movement.

2) Perform 1-3 sets of 8-12 repetitions during each exercise session. Rest approximately 30-60 seconds between each set.

3) If unable to accomplish (8) repetitions, select an Ultra Toner™ which provides a lesser amount of resistance. -or-

If unable to achieve moderate to maximal muscular fatigue following the completion of (12) repetitions, select an Ultra Toner™ which provides a greater amount of resistance.

*Call our toll-free number for more information on these products or refer to your SPRI Catalog.

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CHEST PRESS

(pectorals)

Start: Stand hip width apart, knees slightly bent. Grasp handles and place Ultra Toner™ behind back below shoulder blades, hands just outside shoulder width, palms facing in.

Finish: Press arms forward, rotating shoulders ending with palms facing down. Return to start and repeat.



MID-BACK PULL

(rhomboids, middle trapezius)

Start: Stand hip width apart, slight bend in knees. Grasp each handle, extend arms and hold Ultra Toner™ out in front of body at chest height, palms facing in.

Finish: Pull arms back and out to sides of body until hands are aligned with shoulders. Return to start and repeat.



ARM EXTENSION

(triceps)

Start: Stand hip width apart, knees slightly bent. Grasp handles and position Ultra Toner™ behind head with arms forming a 90 degree angle, palms facing in.

Finish: Straighten arms until parallel with floor ending with palms facing up. Return to start and repeat.



ARM CURL

(biceps)

Start: Stand in a staggered stance with one Ultra Toner™ pad under front foot. Grasp the opposite handle with one hand and straighten arm along side of body.

Finish: Bend elbow and lift lower arm toward chest, keeping elbow close to side of body. Return to start and repeat.





SHOULDER PRESS

(deltoids)

Start: Stand hip width apart, knees slightly bent. Hold one handle of the Ultra Toner™ at waist and other handle in front of body at chest height.

Finish: Press arm straight overhead ending with thumb pointing backward. Avoid over extending shoulder or locking elbow. Return to start and repeat.



LOWER BACK PULL DOWN

(latissimus dorsi)

Start: Stand hip width apart, knees slightly bent. Grasp each Ultra Toner™ handle, extend one arm above head. Bend opposite arm and position hand in front of same side shoulder.

Finish: Pull bent arm down and back, ending with hand in front of same side hip. Return to start and repeat.



LUNGE

(quadriceps, gluteals, hamstrings)

Start: Stand hip-width apart with one foot slightly behind the other. Place the mid-point pad of the Ultra Toner™ under the arch of front foot. Grasp handles and extend arms straight down along sides of body.

Finish: Take a drop step back and land on ball of foot. Bend knees and lower body until a 90 degree angle is formed with upper and lower portion of each leg. Lead with back leg, and press up to start position, while keeping gluteals tight. Return to start and repeat.

REAR LEG LIFT

(gluteals)

Start: Position body on all fours, support upper body with elbows. Place one handle of the Ultra Toner™ under one knee and the other handle around the arch of the other foot. Maintain a natural arch in lower back, keep hips and shoulders square.

Finish: Push exercise leg up and back. Progressively toe out slightly until gluteal is fully contracted. Return to start and repeat.



OUTER LEG LIFT

(abductors)

Start: Lie on side, support upper body on elbow. Slide the mid-point pad all the way to one end forming one loop. Place both feet through the loop and position the Ultra Toner™ around lower legs.

Finish: Lead with heel and lift leg upward as high as possible. Keep opposite hip stationary. Return to start and repeat.



INNER LEG LIFT

(adductors)

Start: Lie on side, support upper body on elbow. Bend the top knee and place mid-point pad of Ultra Toner™ under arch of foot and hold firmly to floor. Place handle around mid-calf of top leg.

Finish: Keep leg straight, lead with heel and pull up and in toward bent knee as high as possible. Return to start and repeat.

