



THE XERTUBE INSTRUCTION CHART

IMPORTANT!
**PLEASE READ THE INSTRUCTIONS
BELOW BEFORE YOU USE
THE XERTUBE!**

- 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 exposing the Xertube to rough or abrasive surfaces.
- Wear appropriate footwear while using the Xertube.
- Make sure the tubing is secured under your foot before you begin each exercise.
- Avoid placing the Xertube under a step. Use either the *Step Attachment or the *Step Tube.
- Perform exercises in a slow and controlled manner.
- Avoid holding breath while exercising.
- Consult your physician before beginning any type of exercise program.

EXERCISE INSTRUCTION:

- 1) Mimic all exercises without the Xertube 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) For the least amount of resistance, stand on the Xertube with one foot; for the most resistance stand on the Xertube with both feet, hip width apart.
- 4) If unable to accomplish (8) repetitions, modify your foot placement on tube or select an Xertube which provides a lesser amount of resistance.

- OR -

If unable to achieve moderate to maximal muscular fatigue following the completion of (12) repetitions, modify your foot placement on tube or select an Xertube which provides a greater amount of resistance.

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

SPRI PRODUCTS, INC.
1600 Northwind Blvd.
Libertyville, IL 60048
800/222.7774
www.spriproducts.com



ARM CURL
(bicep)

Start: Stand in a staggered, narrow or wide stance. Place tubing under arch of front foot, or both feet, and soften knees. Grasp handles and position hands at sides of body.

Finish: Bend elbows and curl arms up in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.



SIDE RAISE
(deltoid)

Start: Stand in a staggered, narrow or wide stance. Place tubing under arch of front foot, or both feet, and soften knees. Grasp handles and position hands at side of body with thumbs pointing forward.

Finish: Lift arms up and away from sides of body no farther than shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.





FRONT RAISE

(deltoid)

Start: Stand in a staggered, narrow or wide stance. Place tubing under arch of front foot or both feet and soften knees. Grasp handles, palms facing thigh, arms extended directly under shoulders.

Finish: Lift arms up and forward. Keep wrists firm and elbows soft. Return to start and repeat.



LUNGE

(quadriceps, hamstrings, gluteals)

Start: Stand in a staggered stance and position one foot on tubing and the other (exercise leg) slightly behind body. Grasp handles and position at shoulder height in front of body.

Finish: Take a drop step back and land on ball of foot. Bend knees and lower to form a 90 degree angle with upper and lower portion of each leg. Keep shoulder blades squeezed together, head and chest forward. Forward knee should not extend beyond toes. Push back up to start and repeat.



ARM PRESS

(tricep)

Start: Stand in a staggered lunge stance with tubing under front foot. Hold one handle on the knee of the front leg. Pull other handle up to waist level with palms in and elbow pointing back.

Finish: Press forearm back, rotating lower arm so palm ends facing upward. Keep elbow tucked along side of body. Return to start and repeat.



CHEST FLYE

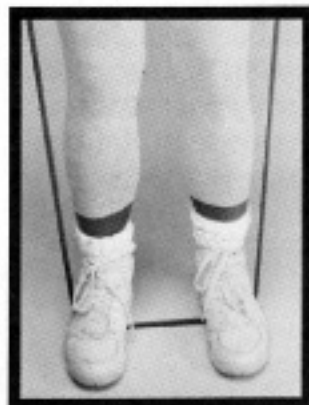
(pectorals)

Start: Stand in a staggered, narrow or wide stance. Place tubing under arch of front foot, or both feet, and soften knees. Grasp handles and position arms in a 90 degree angle at sides of body with palms facing up.

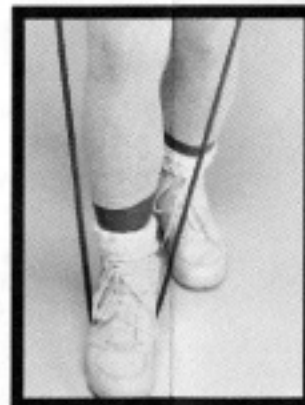
Finish: Raise arms up and together. Squeeze pectorals by touching forearms together at mid-chest height. Keep elbows bent throughout entire exercise with wrists firm. Palms of hands end facing head at eye-level. Upper and lower arms form 90 degree angles.



FOOT POSITIONING



Moderate Stance



Staggered Stance



Wide Stance