

## ANKLE / THIGH STRAP

The ankle strap / thigh strap may be used interchangeably. A slight modification of Door Attachment level is required for optimal resistance.

## DOOR ATTACHMENT INSTRUCTIONS



Open door, place the “plugged” end of the Door Attachment over the top of the door or through the hinged side of the door (depending on the exercise) and close door tightly. The tubing end should be facing you. Pull on the Door

Attachment to ensure that the “plugged” end is secure before performing each exercise.



## F.I.S.T.® STANCE POSITIONS



### Fencer's Lunge Stance

Stand with feet slightly wider than shoulder-width apart and position one foot forward of body and one foot behind body. Bend the front leg, straighten the back leg, and point both feet outward at 45° angle.



### Square Stance

Stand with feet shoulder-width apart, toes pointed forward, and bend knees slightly.

**NOTE: For wide square stance, place feet slightly wider than shoulder-width apart.**



### Split Stance

Stand with feet shoulder-width apart and position one foot forward of body and one foot behind body. Point toes forward and bend knees slightly.

## EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the tubing before each exercise is performed with the tubing.
  - 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 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 the tube that 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 the tube which provides a greater amount of resistance.
  - Perform each exercise a maximum of 2-3 times per week.
  - Allow 24-48 hours of complete rest between each exercise session.

*Call our toll-free number for more information on SPRI® Products or to receive your SPRI® catalog.*

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# SPRI®

## INTERCHANGEABLE TUBING SYSTEM

### F.I.S.T.® LOWER BODY INSTRUCTION CHART

*Developed by Mark Cibrario*

## IMPORTANT!

*Please read the instructions  
below before you use the tubing!*

- Before each workout check for possible wear on the tubing.
- Avoid exposing the tube to rough or abrasive surfaces.
- Do not stretch tubing beyond 2 times its resting length.
- Always perform general warm-up activities prior to performing exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Make sure door attachment is securely anchored in door before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Lunge to Hip Flexion



**(Ankle Strap)**

**Start:** Stand in a split stance facing away from door. Firmly place strap slightly above ankle of back leg. Keep back leg straight with heel off floor and bend front leg with foot flat on the floor. Position ankle directly in front of attachment site. Keep arms along sides, slightly in front of body with elbows bent, hands at chest height, and palms facing forward.

**Finish:** Slowly bend leg and lift knee upward while supporting body weight on opposite leg. Straighten opposite leg and point toes forward. End with upper leg parallel to floor, knee slightly in front of ankle, and back straight. Hold and slowly return to start position.

Hip Abduction



**(Ankle Strap)**

**Start:** Stand in a square stance with feet parallel to door. Firmly place strap slightly above ankle of the leg furthest from door. Keep legs straight with leg furthest from door crossed over the opposite leg and side of foot on the floor. Align ankle with attachment site. Place same side hand on a chair and opposite hand on hip.

**Finish:** Slowly lift leg out and up 30-45° away from side of body. Keep foot stationary and hips pointed straight ahead. End standing tall with both legs straight and hips square. Hold and slowly return to start position.

Hip Extension



**(Ankle Strap)**

**Start:** Stand in a narrow split stance with feet hip width apart facing the door. Firmly place strap slightly above ankle and position foot slightly in front of body aligned with attachment site. Lift heel of resisted leg off floor slightly. Keep opposite leg straight with hips and body facing door. Bend arms and position along sides of body with elbows back.

**Finish:** Slowly lift leg straight back and upward. Lean body forward slightly while keeping arms close to body with palms facing downward. End with toes of resisted leg pointed toward floor, opposite leg straight and foot pointed toward door. Avoid pushing hips and stomach forward. Hold and return to start position.

Side Lunge to Hip Flexion/Adduction/Internal Rotation

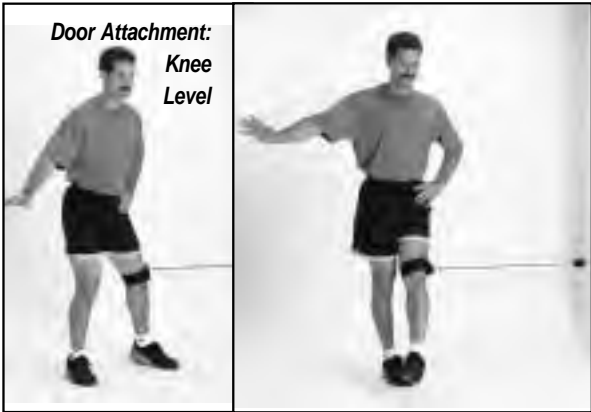


**(Ankle Strap)**

**Start:** Stand in a modified fencer's lunge stance with feet parallel to door. Firmly place strap slightly above ankle of leg closest to door. Shift body weight to foot closest to door with same side leg bent, torso hinged forward slightly and hip back. Bend arms and position in front of body with hands in front of chest and palms facing forward.

**Finish:** Slowly lift leg in and upward while shifting body weight to the opposite foot. Rotate hip of resisted leg inward slightly away from door and open arms to the sides of body to aid balance. End standing tall with inside heel of resisted leg beside opposite knee and foot pointed slightly downward. Hold and slowly return to start position.

Hip Adduction



**(Thigh Strap)**

**Start:** Stand in a square stance with feet parallel to door. Firmly place strap slightly above knee of leg closest to door. Shift body weight to foot furthest from door with both legs straight and feet pointed forward. Bend knees slightly and lean upper body forward. Place hand on hip and the opposite hand out to the side.

**Finish:** Slowly pull leg straight inward while turning foot slightly inward and squeezing legs together. Keep hips facing in the same direction as the foot. End with foot of resisted leg pointed inward away from door, opposite foot straight ahead, hip facing forward, and same side arm up and out to the side for balance.

Hip Flexion/Abduction/External Rotation



**(Thigh Strap)**

**Start:** Stand in a square stance with feet parallel to door. Firmly place strap slightly above knee of leg furthest from door. Keep legs straight with leg furthest from door crossed over the opposite leg with side of foot on the floor. Align knee with attachment site. Place same side hand on a chair and opposite hand on hip.

**Finish:** Slowly lift knee upward and rotate hip outward to the side while turning knee outward to face sideways. Keep hips facing forward. End standing tall with foot of non-resisted leg pointing forward and knee directly over ankle. Hold and slowly return to start position.