

Step 1



Step 2



Step 3



Step 4



Attaching your Hanging Ab Straps

1. Attach the Hanging Ab Straps to overhead bar(s) of secure and stable exercise equipment.
2. Push open the utility clip, slide over bar and fasten closed.
3. Gently grasping the top of the strap, pull on the Hanging Ab Strap to ensure that it is securely attached before performing each exercise.
4. Repeat these steps for the second Hanging Ab Strap.
5. Make sure clips are placed in desired shoulder width position before beginning.
6. Slide the arms through the strap loops and rest upper arms comfortably in bottom of each loop, then proceed with selected exercises.

Exercise Instruction

- 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 on each side of 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—

- 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.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Hanging Ab Straps exercise session.

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or to receive your SPRI catalog.

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Disclaimer: SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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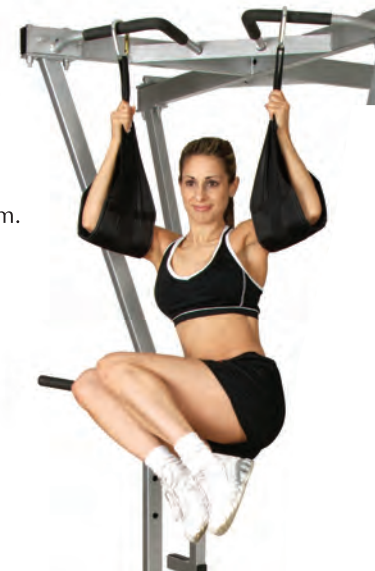
SPRI®

Hanging Ab Straps

IMPORTANT!

Please read the instructions below
before using the Hanging Ab Straps.

- Before each workout, check for possible wear of the Hanging Ab Straps.
- When needed, hand wash in cold water with a cloth and mild soap.
- Always perform general warm-up activities prior to performing Hanging Ab Straps exercises.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Make sure the Hanging Ab Strap clips are secure around overhead bar before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep arms stationary 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.



Dual Leg Exercises



Bent Leg Front Raise (Dual Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly bend knees up and lift upper legs forward until parallel with floor. Keep upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.



Straight Leg Front Raise (Dual Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly lift straight legs upward and directly forward until parallel with floor. Keep upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.



Bent Leg Side Raise (Dual Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly bend knees upward while rotating lower body to one side and lifting opposite side hip upward toward same side shoulder. Keep upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.



Straight Leg Diagonal Raise (Dual Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly lift straight legs upward and slightly to one side until parallel with floor. Keep upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.

Single Leg Exercises



Bent Leg Front Raise (Single Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly bend and lift one leg upward and directly forward until upper leg is above parallel with floor. Keep opposite leg, upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.



Straight Leg Front Raise (Single Leg Exercise)

Start: Step up off the floor and position upper arms in straps. Bend arms and gently grasp top of straps with upper arms parallel to floor. Hang and extend legs perpendicular to floor with head, shoulders, hips and feet aligned.

Finish: Tighten trunk muscles; slowly lift straight leg upward and directly forward until parallel with floor. Keep opposite leg, upper torso, arms and head stationary. Hold position for 1–2 seconds, return to start position and repeat.