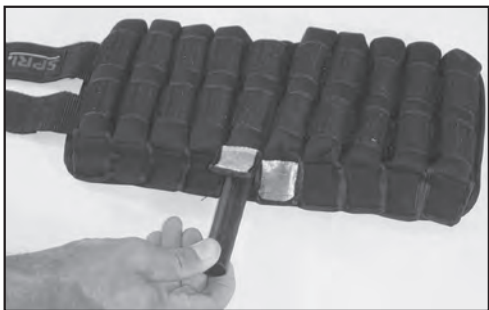


Product Assembly & Application

Insert the desired number of weight bars into the weight pockets of each cuff and secure the Velcro Closure at the end of each weight pocket.



Ankle Weights:

Wrap the weight securely around lower leg, just above ankle, with weight pockets facing outward. Pull firmly on Velcro strap(s) and wrap tightly across Velcro strip(s) located on top of weight pockets.



Wrist Weights:

Wrap the weight securely around lower arm, just above wrist, with weight pockets facing outward. Pull firmly on Velcro strap and wrap tightly across Velcro strip located on

top of weight pockets.

Exercise Instructions

- As a warm-up, perform each selected exercise 3-5 times without the Ankle/Wrist Weights before each exercise session.
 - 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 arm/leg 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 decrease Ankle & Wrist Weights 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 increase Ankle & Wrist Weights resistance.
 - Perform each exercise a maximum of 2-3 times per week.
 - Allow 24-48 hours of complete rest between each Ankle & Wrist Weights exercise session.

Call our toll-free number or visit our website for more information on SPRI products or to receive your SPRI catalog.

SPRI Products
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800-222-7774 – www.spri.com

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®

Adjustable Ankle & Wrist Weights

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before using the Adjustable Ankle & Wrist Weights!

- Before each workout check for possible wear of the Ankle & Wrist Weights.
- Always perform general warm-up activities prior to performing Ankle & Wrist Weights exercises.
- Perform only the exercises as shown on this sheet, or other SPR® produced informational resources.
- Make sure the Ankle & Wrist Weights are securely positioned around wrists or ankles before beginning each exercise.
- Perform exercises in a slow, 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.



Wrist Weights (Upper Body)

Front Raise

Start: Stand with feet hip width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing backward directly below shoulders.

Finish: Slowly lift arms up and forward to shoulder height while keeping arms straight, ending with palms of hands facing downward directly in front of shoulders. Keep back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Upright Row

Start: Stand with feet hip width apart and knees slightly bent. Straighten and position arms along sides of body with palms of hands facing backward directly below shoulders.

Finish: Slowly bend arms and raise elbows upward and outward away from sides of body, ending with palms of hands facing downward at shoulder height directly in front of shoulders. Keep back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

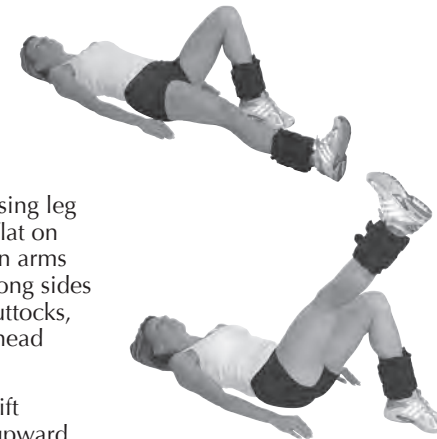


Ankle Weights (Lower Body)

Front Leg Raise

Start: Lie on back with exercising leg straight and non-exercising leg bent with foot flat on floor. Straighten arms and position along sides of body with buttocks, shoulders, and head firmly on floor.

Finish: Slowly lift exercising leg upward and align with thigh of non-exercising leg while pulling toes downward toward body. Keep foot of non-exercising leg flat on floor and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Side Leg Raise

Start: Lie on side with top leg straight and bottom leg bent. Bend arms and position bottom arm under head and hand of top arm flat on floor in front of body with hips rolled forward.

Finish: Slowly lift top leg upward while pointing toes forward. Keep bottom leg stationary, top leg straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Bent Over Row

Start: Stand with feet hip width apart and position one leg in front of body and opposite leg behind body with front leg bent and back leg straight. Position hand of non-exercising arm on top of front leg, lean upper body forward at the hips, and extend exercising arm downward directly below shoulder with palm of hand facing inward.

Finish: Slowly bend exercising arm upward while lifting elbow away from side of body to shoulder height, ending with palm of hand facing backward. Keep upper body leaning forward, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Overhead Press Up

Start: Stand with feet hip width apart and knees slightly bent. Bend arms and position elbows directly above shoulders with upper arms along sides of head, hands aligned with elbows and palms facing inward.

Finish: Slowly straighten arms upward while keeping upper arms stationary and elbows directly above shoulders, ending with palms of hands facing inward above elbows/shoulders. Keep back straight and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Back Leg Raise

Start: Kneel on hands and knee of non-exercising leg with exercising leg straight and toes on floor. Straighten arms and position hands flat on floor directly below shoulders with knee of non-exercising leg directly below hip.

Finish: Slowly lift exercising leg upward to hip height while pointing toes backward. Keep non-exercising leg stationary, arms straight, back flat and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



Side Leg Lift

Start: Lie on side with bottom leg straight, top leg bent and crossed in front of bottom leg with foot flat on floor. Bend arms and position hand of bottom arm under head and hand of top arm flat on floor in front of body with hips rolled forward.

Finish: Slowly lift bottom leg upward while pointing toes forward. Keep top leg stationary, bottom leg straight, and abdominal muscles tight. Hold 1-2 seconds, and slowly return to start position.

