

SPRI®

Triceps Rope

INSTRUCTIONS



Step 1:

Attach cable machine clip to the Triceps Rope attachment clip.



Step 2:

Pull on handles, making sure that attachment clip is securely attached to cable clip before beginning each exercise.

Consult your physician before beginning any type of exercise program.

Call our toll-free number or visit our website
for more information on SPRI products
or to receive your SPRI catalog.
800-222-7774 – www.spri.com

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 Products Libertyville, Illinois 60048

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