

# SPRI CROSS TRAIN PULL-UP ASSISTOR

## Exercise Instruction

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds, perform the movement more slowly, or take more rest between movements.

—OR—

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement, perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

## Stretch Instructions

- Hold each stretch for 10-30 seconds.
- Perform each stretch 1-3 times.
- Avoid over-stretching.
- Perform stretch with both arms/legs.

### PULL-UP



**Start:** Place one foot in loop of band(s), grasp bar outside shoulder-width with palms facing forward and arms straight.

**Finish:** Bend arms and pull body up toward bar while keeping legs straight, hold. Straighten arms, return to start position, repeat in a continuous up and down pattern.

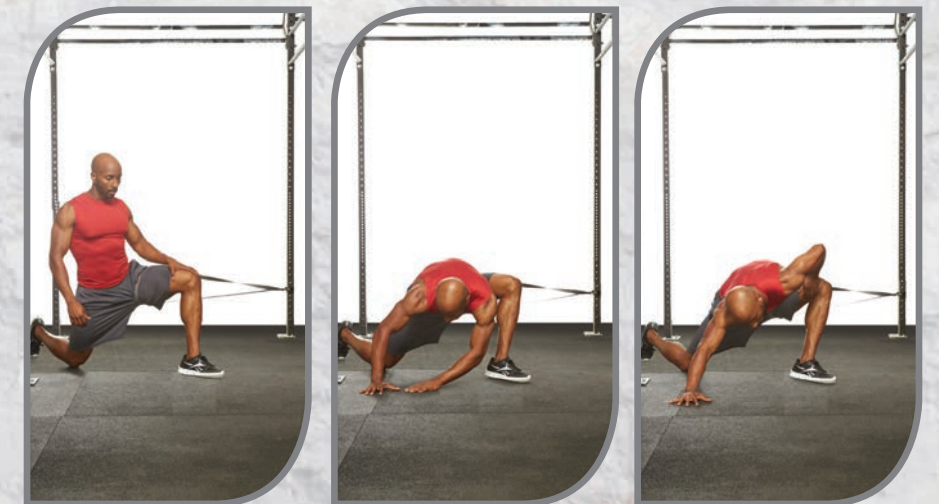
### SHOULDER STRETCH



**Start:** Stand with feet slightly wider than shoulder-width apart, reach through loop of band(s) and grasp band with arm straight and extended up and out in front of body. Keep opposite arm straight directly below shoulder.

**Finish:** Bend knees, push hips back and lower chest toward floor while keeping arm straight with upper arm close to ear and opposite arm stationary. Hold, and then return to start position and repeat.

### HIP STRETCH



**Start:** Position band(s) around inner thigh, bend legs and kneel on opposite knee with front foot flat on floor, chest up and back straight.

**Finish:** Bend forward at waist and place both hands on floor, lower chest and rotate away from front leg. Position hand of inside arm along side of front knee and press gently while keeping opposite hand on floor. Hold, and then return to start position and repeat.

### CHIN UP



**Start:** Place one foot in loop of band(s), grasp bar shoulder-width apart, palms facing backward and arms straight.

**Finish:** Bend arms and pull body up toward bar while keeping legs straight, hold. Straighten arms, return to start position, repeat in a continuous up and down pattern.

### SIDE PULL-UP



**Start:** Place foot in loop of band(s), grasp bar outside shoulder-width with palms facing forward while keeping legs straight. Bend arms and pull body up and over toward one hand, hold.

**Finish:** Straighten arms, return to start position and pull body up toward opposite side hand, hold. Repeat in a continuous up/down, side-to-side pattern.

### PUSH DOWN



**Start:** Stand with feet hip width apart, knees slightly bent. Grasp end of one band in each hand, arms bent with elbows flared outward, hips back and upper body leaning slightly forward.

**Finish:** Straighten arms along sides of body; push through legs to standing upright position while pushing up onto balls of feet. Bend legs and arms, return to start position and repeat in a continuous up/down pattern.