SPRI STEP360™ PRO

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg, or 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 decrease repetitions.

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

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

LEG LIFT

Start: Lie on back and position hips and upper torso on platform. Bend legs and position feet flat on the floor hip-width apart. Place hands behind head and slightly tuck chin toward chest.

Finish: Tighten core muscles and flatten low back, then lift one foot off floor bringing knee over hip. Return slowly to start position and repeat.

KNEELING ROTATION

Start: Kneel on platform with knees under hips and back straight. Position hand on edge of platform and straighten arm directly below shoulder, with opposite arm bent and hand behind head. Rotate upper torso down and inward with elbow pointing toward middle of platform.

Finish: Slowly rotate head and lift elbow upward while rotating upper torso up and backward. Return slowly to start position and repeat.

LEG RAISE

Start: Balance on one foot in middle of platform with knee slightly bent. Straighten and position opposite leg behind hip, hinge forward at hips with back straight and hands on knee.

Finish: Tighten core muscles, lean slightly forward and lift back leg up and back behind body. Return slowly to start position and repeat.

SINGLE LEG SQUAT

Start: Balance on one foot in middle of platform with knee slightly bent, straighten opposite leg and position up and away from side of body with foot off platform, back straight, and head over hips.

Finish: Tighten core muscles, lean slightly forward and bend balance leg until knee is directly over toes. Return slowly to start position and repeat.

www.spri.com

EXERCISE GUIDE

SINGLE LEG SQUAT AND REACH

Start: Balance on one foot in middle of platform with knee slightly bent. Straighten and position opposite leg behind hip with foot off platform, back straight, and head over hips.

Finish: Tighten core muscles, hinge forward at hips while bending balance leg and reaching down and forward directly below shoulder with opposite hand. Return slowly to start position and repeat.

SINGLE LEG LATERAL HOP

Start: Balance on one foot in middle of platform with knee slightly bent. Bend leg and position knee of opposite leg directly in front of hip, back straight, and head over hips.

Finish: Hop down alongside Step360, bend knee and land on foot of outside leg, then immediately hop back up on top of platform to start position and repeat.

DUAL LEG SQUAT JUMPS

Start: Stand on floor facing the Step360 with feet shoulder-width apart and knees bent. Position arms straight along sides of body and hinge slightly forward at the hips.

Finish: Quickly extend legs, drive arms straight upward, and straighten upper body while in air. Land softly on top of platform with feet hip-width apart while bending legs and arms. Step down and back off of platform to start position and repeat.

SINGLE LEG LATERAL SQUAT JUMP

Start: Stand with one foot on floor alongside Step360 and opposite foot on top of middle of platform. Bend legs, hinge slightly forward at the hips with back straight and arms extended directly under shoulders.

Finish: Quickly extend legs, drive arms straight upward, and straighten upper body while in air. Land softly, return to start position and repeat.