

# SPRI XTS I.5 TRAINING SYSTEM

## 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 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 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.**

## CHEST PRESS



**Start:** Stand and face away from anchor, grasp handles, position feet shoulder-width apart and stand on balls of feet. Straighten arms, lean forward, tighten core muscles and align shoulders with hips and feet.

**Finish:** Slowly bend arms, flare elbows away from sides of body and lower body down toward floor while keeping core muscles tight and body straight. Slowly straighten arms, return to start position and repeat.

## ROW



**Start:** Stand and face anchor, grasp handles, position feet shoulder-width apart and stand with feet flat on floor. Straighten arms, lean backward, tighten core muscles and align shoulders with hips and feet.

**Finish:** Slowly bend arms, flare elbows away from sides of body, raise body up and away from floor while keeping core muscles tight and body straight. Slowly straighten arms, return to start position and repeat.

## STANDING AB CRUNCH



**Start:** Stand and face away from anchor, grasp handles, position feet shoulder-width apart and stand on balls of feet. Straighten arms overhead, lean forward, tighten core muscles and align shoulders with hips and feet.

**Finish:** Slowly pull straight arms down toward floor while arching low back upward and pulling ribs down and in toward hips. Keep arms straight, slowly lean forward and return to start position.

# SPRI XTS 1.5 TRAINING SYSTEM

## EXERCISE GUIDE

### BRIDGE/LEG CURL



**Start:** Lie on back on floor facing anchor, place heels in straps hip-width apart with legs straight and elevated off floor. Straighten arms along sides of body; tighten core muscles with head, back and buttocks on floor.

**Finish:** Slowly raise hips, buttocks and low back up off floor while bending legs and bringing heels back toward knees. Slowly straighten legs, lower hips to floor and return to start position.

### LUNGE



**Start:** Stand facing away from anchor, balance on one leg and place top of opposite foot in strap directly behind same side hip. Straighten front leg and comfortably bend back leg with arms straight along sides of body and head aligned with shoulders and hips.

**Finish:** Slowly bend front leg while pushing back leg backward with lower leg parallel to floor and bend arms forward in front of body. Slowly straighten front leg, drive hips forward and return to start position.

### PLANK BICYCLE



**Start:** Stand facing away from anchor, place hands on floor directly below shoulders, straighten arms and support upper body. Place top of one foot in foot strap, then the opposite foot, and straighten both legs while tightening abdominal muscles and holding a plank position.

**Finish:** Slowly bend one leg until knee is directly below hip while keeping opposite leg and arms straight. Then straighten leg while simultaneously bending opposite leg in a continuous alternating forward/backward, bent/straight leg pattern.