

EXERCISE GUIDE

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 10-30 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 10 seconds, decrease the angle of the board.
- If unable to achieve optimal muscle lengthening or strengthening following the completion of the 30 seconds, increase the angle of the board.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

DUAL LEG CALF STRETCH



Stand upright on board with feet hip-width apart, toes higher than heels, legs straight and hold stretch. Start at a low angle and increase angle as flexibility increases.

SINGLE LEG CALF STRETCH



Position one foot in front of body on board directly in front of hip, toes higher than heel, and leg bent. Straighten back leg, shift front knee forward over knee and hold stretch. Start at a low angle and increase angle as flexibility increases.

SINGLE LEG ACHILLES STRETCH

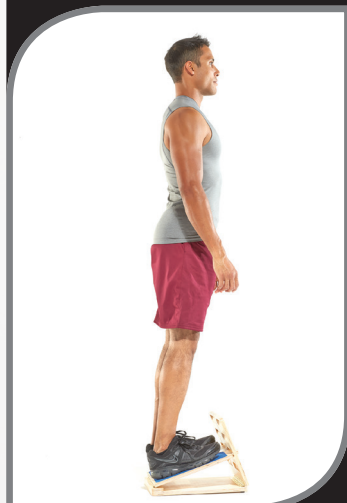


Position one foot behind body on board directly in back of hip, toes lower than heel, and leg bent. Bend front leg, lower back knee toward floor and hold stretch. Start at a low angle and increase angle as flexibility increases.

SPRI MULTI-SLANT BOARD

EXERCISE GUIDE

DUAL LEG INCLINE SQUAT



Start: Stand upright on board with feet hip-width apart, toes higher than heels and legs straight.

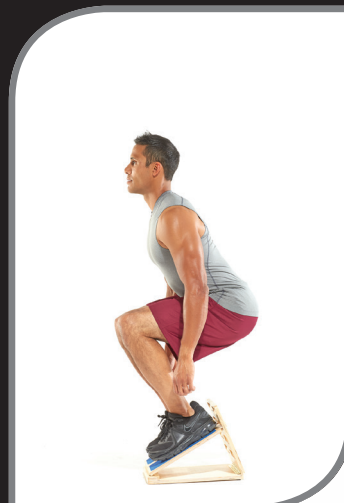


Finish: Slowly bend legs and hinge forward at the hips with heels on board until a stretch is felt behind back of low legs. Straighten legs, return to start position, and repeat.

DUAL LEG DECLINE SQUAT



Start: Stand upright on board with feet hip-width apart, toes lower than heels and legs straight.



Finish: Slowly bend legs and hinge slightly forward at the hips with heels on board until a stretch is felt behind back of low legs. Straighten legs, return to start position, and repeat.

SIDE LUNGE SQUAT



Start: Stand upright with feet slightly wider than shoulder-width apart, position one foot on top of board with opposite foot flat on floor and legs straight.



Finish: Slowly bend leg and hinge forward at the hips with opposite leg straight and heel on board until a stretch is felt behind back of low leg. Straighten leg, return to start position, and repeat.