

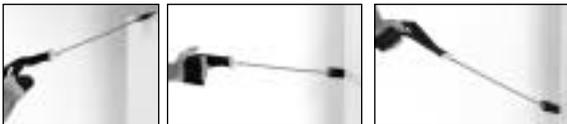
Side Bend



Start: Stand in a square stance with feet shoulder width apart and parallel to the door. Keep feet flat on floor pointing forward with knees bent slightly and hips back. Hold one strap in each hand and clasp hands together. Bend upper body at the waist toward door while reaching over head with hands toward attachment site. Straighten arm furthest from door with opposite arm slightly bent.

Finish: Keep wrists firm and unbent. Slowly pull hands away from door while bending laterally at the waist, drawing rib cage toward hip. Keep lower body stationary and maintain natural arch in low back. End with hands pointed away from door, arms straight, and body facing forward. Hold and slowly return to start position.

DOOR ATTACHMENT INSTRUCTIONS

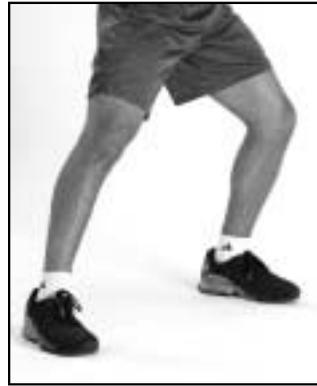


Top of Door Shoulder / Chest Level Lower Leg Level



Open door, place the “plugged” end of the Door Attachment over the top of the door or through the hinged side of the door (depending on the exercise) and close door tightly. The tubing end should be facing you. Pull on the Door Attachment to ensure that the “plugged” end is secure before performing each exercise.

F.I.S.T.® STANCE POSITIONS



Fencer's Lunge Stance

Stand with feet slightly wider than shoulder-width apart and position one foot forward of body and one foot behind body. Bend the front leg, straighten the back leg, and point both feet outward at 45° angle.



Square Stance

Stand with feet shoulder-width apart, toes pointed forward, and bend knees slightly.

NOTE: For wide square stance, place feet slightly wider than shoulder-width apart.



Split Stance

Stand with feet shoulder-width apart and position one foot forward of body and one foot behind body. Point toes forward and bend knees slightly.

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EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the tubing before each exercise is performed with the tubing.
 - Complete 1-3 sets of 8-12 repetitions of each exercise selected.
 - Rest approximately 30-60 seconds between each exercise set.
 - Perform every exercise through a full range of motion.
 - Perform an equal number of exercise repetitions with each side of the 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 select the tube that provides a lesser amount of resistance.
- 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 select the tube which provides a greater amount of resistance.
 - Perform each exercise a maximum of 2-3 times per week.
 - Allow 24-48 hours of complete rest between each exercise session.

Call our toll-free number for more information on SPRI® Products or to receive your SPRI® catalog.

**SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774**

www.spriproducts.com

SPRI®

INTERCHANGEABLE TUBING SYSTEM

F.I.S.T.® CORE
INSTRUCTION CHART

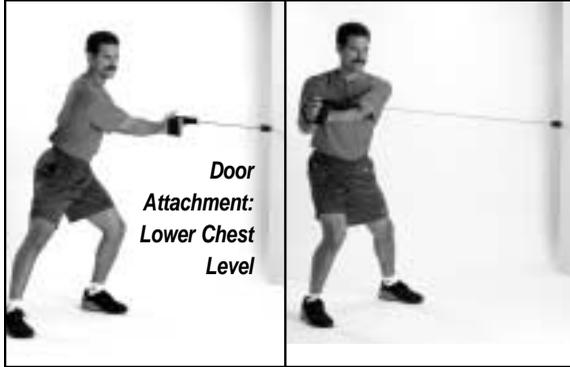
Developed by Mark Cibrario

IMPORTANT!

Please read the instructions below before you use the tubing!

- Before each workout check for possible wear on the tubing.
- Avoid exposing the tube to rough or abrasive surfaces.
- Do not stretch tubing beyond 2 times its resting length.
- Always perform general warm-up activities prior to performing exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Make sure door attachment is securely anchored in door before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

Torso Rotation



Start: Stand in a wide square stance with the feet parallel to the door. Shift body weight to foot closest to the door with knee bent, trunk hinged slightly forward, and hips back, while keeping the opposite leg straight. Hold one strap in each hand and clasp hands together. Straighten arm furthest from door across chest and reach with both hands toward attachment site. Rotate body toward door until knuckles face door with eyes and hips facing forward.

Finish: Keep wrists firm and unbent. Slowly rotate torso 90 degrees, while moving arms across and out in front of chest to the opposite side. Simultaneously shift body weight to the opposite foot while reversing the hip, thigh, and leg position. End with arm closest to the door straight and across chest with same side leg straight and feet flat on the floor. Hold and slowly return to start position.

Wood Chop



Start: Stand in a wide square stance with the feet parallel to the door. Shift body weight to foot closest to the door with knee bent, trunk hinged slightly forward, hip back, and opposite leg straight. Hold one strap in each hand and clasp hands together. Straighten arm furthest from door across shoulder with both hands reaching toward attachment site. Rotate torso toward door with eyes and hips facing forward.

Finish: Keep wrists firm and unbent. Slowly rotate upper body and pull diagonally downward with hands toward opposite knee. Simultaneously hinge forward at the hips and shift body weight to the foot furthest from door. End with arms straight, leg furthest from door bent, hip back, and feet flat on the floor with back straight. Hold and slowly return to start position.

Reverse Wood Chop



Start: Stand in a wide square stance with the feet parallel to the door. Shift body weight to foot closest to the door with knee bent, trunk hinged slightly forward, and hip back while keeping the opposite leg straight. Hold one strap in each hand and clasp hands together. Straighten arms with hands along side of bent knee closest to door and reach toward attachment site. Keep same side foot pointed slightly outward toward door, and the opposite foot pointed forward with hips and body facing door.

Finish: Keep wrists firm and unbent. Slowly rotate torso and pull diagonally upward and across body with hands ending above opposite shoulder. Simultaneously straighten body and shift body weight to the foot furthest from door while keeping foot flat on the floor. End with arm closest to door straight and leg furthest from door bent, with hip back, heel of foot closest to door off floor, and back straight. Hold and slowly return to start position.

Trunk & Hip Flexion



Start: Stand in a wide square stance with feet wider than shoulders, facing the door. Bend knees slightly with hips facing forward, and feet flat on the floor. Hold one strap in each hand at shoulder height. Straighten arms with hands shoulder width apart and reach toward attachment site. Keep feet, hips, and shoulders square with body facing the door.

Finish: Keep wrists firm and unbent. Pull hands downward and slightly diagonal toward one knee while keeping arms straight and rib cage lifted. Simultaneously shift body weight in same direction while hinging at hips and bending same side knee with hip back. End with arms straight, one hand on each side of knee, hands open, and fingers pointed downward. Hold and slowly return to start position.

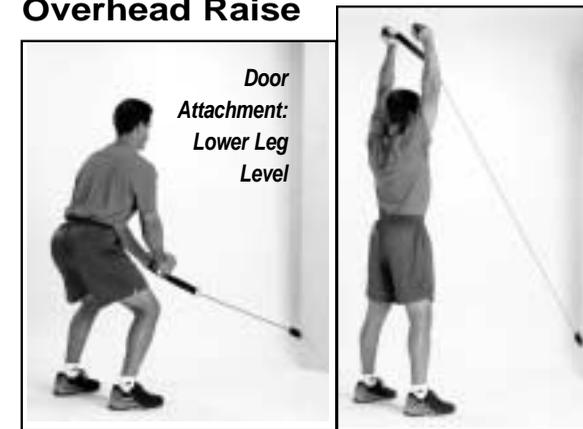
Trunk & Hip Flexion with Hip Shift



Start: Stand in a square stance with feet just inside hips, facing the door. Bend knees slightly, hips facing forward, and feet flat on the floor. Hold one strap in each hand at eye level. Straighten arms with hands together, palms facing downward, and reaching toward attachment site. Keep feet, hips, and shoulders square with body facing the door.

Finish: Keep wrists firm and unbent. Slowly pull hands downward and diagonal toward outside of one knee while keeping arms straight and rib cage lifted. Simultaneously bend knees in to a half squat while shifting hips laterally in opposite direction with back straight and opposite shoulder turned inward. End with arms straight, both hands open along outside of knee, and fingers pointed downward. Hold and slowly return to start position.

Overhead Raise



Start: Stand in a square stance, facing the door. Bend knees assuming a half-squat position, hinge at hips slightly with upper body leaning forward. Keep hips facing forward with feet flat on floor. Hold one strap in each hand with palms facing inward. Straighten arms with hands in front of thighs while reaching toward attachment site. Keep feet, hips, and shoulders square with body facing the door.

Finish: Keep wrists firm and unbent. Slowly pull hands upward and slightly outward to shoulder width while rising up to a full upright posture with pelvis and lower back in neutral alignment. Avoid pushing hips and stomach forward.