

SPRI ORIGINAL STEP TUBE™

EXERCISE GUIDE

Exercise Instruction

- 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 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.

FRONT RAISE



Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles, extend arms directly under shoulders with palms of hands facing legs.



Finish: Lift arms up and forward. Keep wrists firm and elbows slightly bent soft. Lower arms, return slowly to start and repeat.

ARM EXTENSION



Start: Stand in a slightly staggered lunge position on center of the step with tubing directly under platform. Hold one handle on the knee of the front leg. Pull other handle up to waist level with palm in and elbow pointing back.



Finish: Straighten arm up and back behind body while keeping elbow stationary along side of body. Bend arm, return to start and repeat.

ARM CURL



Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.



Finish: Bend elbows and raise hands up in front of body to shoulder height. Keep wrists firm and elbows at sides. Straighten arms, return slowly to start and repeat.

MID BACK ROW



Start: Stand on center of step, slight bend in the knees, and tubing directly under platform. Cross tubing, hinge slightly forward at the hips and extend arms directly below shoulders.



Finish: Bend slightly forward at the waist while keeping back straight and chest high. Pull tubing up and back, squeezing shoulder blades together. Straighten arms, return slowly to start and repeat.

SQUAT



Start: Stand on center of step, slight bend in the knees, tubing under step. Grasp one handle in each hand, bend arms and position at chest height.



Finish: Keep chest high and squeeze shoulder blades together. Bend legs and push hips back with knees directly above feet. Straighten legs, slowly return to start and repeat.

SIDE RAISE



Start: Place the center of the Step Tube under the platform. Stand on center of step platform with a slight bend in the knees. Grasp handles and position arms along sides of body.



Finish: Lift arms up and away from sides of body to shoulder height. Keep wrists firm and elbows slightly bent. Lower arms, return slowly to start and repeat.