

SPRI XERCUFFS® PLUS

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.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each 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.

STANCES



FOREBALANCE STANCE

Stand with feet hip width apart and toes pointed forward. Position arms along sides of body with closed hands along side of thighs. Bend legs slightly with knees positioned over feet. Tighten abdominal muscles and keep back straight.



STRADDLE STANCE

Stand with feet hip width apart and toes pointed forward. Position arms along sides of body with closed hands along side of thighs. Bend legs slightly with knees positioned over feet. Tighten abdominal muscles and keep back straight.



Turn head to the side and take a wide step in the same direction, lowering buttocks toward floor and bending legs. Simultaneously bend arms and move hands in front of chest with hands and arms tightened. End with both legs bent, back straight, and feet pointed slightly outward.

“CHAMBER” REFERS TO PREPARATORY POSITIONING OF THE LEG BEFORE A KICK. Note: For extra stability, place hand on a chair or the wall.

KICKS



FRONT KICK

Start: Stand in the Forebalance Stance. Bend arms and position hands in front of chest with head facing forward. Chamber back leg by lifting knee up and forward to hip height while bending the supporting knee slightly and leaning upper body back slightly. Tighten abdominal muscles and keep back straight.



Finish: Lift leg up and forward, turning body slightly inward while fully extending kicking leg with toes pointed upward. Keep hands and arms tightened in front of chest and opposite leg stationary on the floor. Return kicking leg to hip height chamber, set kicking leg down slightly behind body, resuming Forebalance Stance.

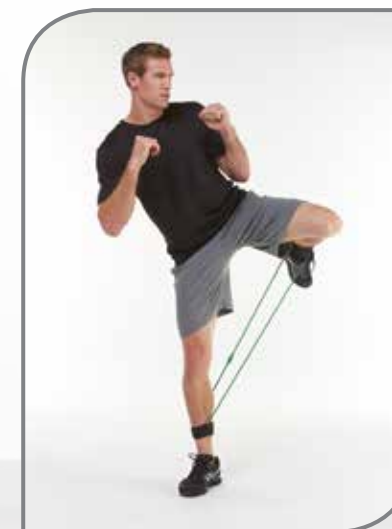


BACK KICK

Start: Stand in the Forebalance Stance. Bend arms and position hands in front of chest with head and eyes facing in the direction of the kick. Chamber front leg with knee under hip and toes pointed downward and shin parallel to the floor. Tighten the abdominal muscles and keep back straight.



Finish: Leading with the heel, extend kicking leg back and upward until leg is straight. Keep hands and arms tightened in front of chest and opposite leg stationary on the floor. Lower kicking leg down and resume Forebalance Stance.



ROUND KICK

Start: Stand with feet together, toes pointed forward, and knees slightly bent. Bend arms close to body with head and eyes facing in the direction of the kick. Step into Straddle Stance, lead with the knee, chamber kicking leg by lifting upward to the side, and open hips in the same direction while keeping the heel close to the buttock. Tighten abdominal muscles and keep back straight.



Finish: Keep supporting leg stationary, hinge at knee, extend kicking leg until leg is straight and aligned with the hip. Keep hands and arms tightened close to body and opposite leg stationary on the floor. Re-chamber the kick by bending at the knee and set foot down in Straddle Stance.

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