

### Side Lunge

**Start:** Place band around waist with anchor point away from side of body. Stand with feet shoulder width apart, point toes forward, straighten legs and tighten abdominal muscles.

**Finish:** Step to side with leg furthest from anchor point, point toes outward slightly, bend knee and align with hip and foot. Straighten opposite leg while keeping foot stationary and flat on floor. Hold position for 1 second then push up and to side straightening bent leg and return to start position. Perform 8–12 times; then face opposite direction, switch legs and repeat.



### Front/Back Hops

**Start:** Place band around waist with anchor point behind body. Stand with feet slightly wider than shoulder width apart, bend legs, bend and position arms back and along sides of body while leaning slightly forward at the waist.

**Finish:** Straighten legs, extend hips and hop forward while driving bent arms up and forward. Land softly with feet slightly wider than shoulder width apart, then immediately hop backward and return to start position. Continuously hop forward and backward 8–12 times.

## Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Superband.
  - 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 a Superband which 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 a Superband which provides a greater amount of resistance.
  - Perform each exercise a minimum of 3 times per week for maximum results.
  - Allow 24–48 hours of complete rest between each Superband exercise session.

**Disclaimer:** SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

**SPRI** The leading manufacturer and distributor of health, fitness and wellness exercise products

SPRI Products Libertyville, Illinois 60048  
SPRI is a registered trademark of SPRI Products  
©2007 SPRI Products

07-70124 / v.2009

# SPRI®

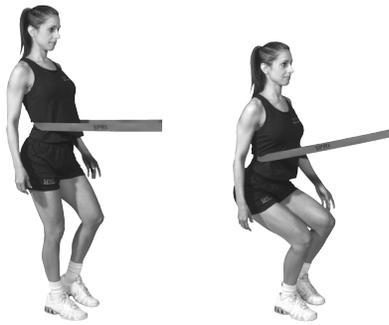
## Superband

### IMPORTANT!

**Please read the instructions below before using the Superband.**

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





### Single Leg Squat (front-pull)

**Start:** Place band around waist with anchor point in front of body. Stand on one leg, straighten knee and align with hip and toes. Bend opposite leg, raise foot off floor and balance.

**Finish:** Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg.



### Single Leg Squat (side-pull/in)

**Start:** Place band around waist with anchor point away from side of body. Stand on leg furthest from anchor point, straighten knee and align with hip and toes. Bend opposite leg; raise foot off floor and balance.

**Finish:** Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg.



### Front Lunge

**Start:** Place band around waist with anchor point behind body. Stand with feet hip width apart, straighten legs and tighten abdominal muscles.

**Finish:** Step forward with one leg; land heel-to-toes while lifting heel of back foot off floor. Drop hips toward floor and bend knees until lower portion of back leg is parallel to floor and front knee is directly over toes. Hold bent leg position for 1 second then push up and back with front leg while straightening legs and return to start position. Perform 8–12 times, switch legs and repeat.



### Single Leg Squat (back-pull)

**Start:** Place band around waist with anchor point behind body. Stand on one leg, straighten knee and align with hip and toes. Bend opposite leg; raise foot off floor and balance.

**Finish:** Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg.



### Single Leg Squat (side-pull/out)

**Start:** Place band around waist with anchor point away from side of body. Stand on leg closest to anchor point, straighten knee and align with hip and toes. Bend opposite leg; raise foot off floor and balance.

**Finish:** Slowly bend balance leg, keeping knee over foot, abdominal muscles tight, back straight and eyes forward. Hold bent leg position for 1 second, return to start position and repeat 8–12 times. Repeat with opposite leg.



### Back Lunge

**Start:** Place band around waist with anchor point in front of body. Stand with feet hip width apart, straighten legs and tighten abdominal muscles.

**Finish:** Step backward with one leg; land on ball of foot while keeping front foot flat on floor. Drop hips toward floor and bend knees until lower portion of back leg is parallel to floor and front knee is directly over toes. Hold bent leg position for 1 second then push up and forward with front leg while straightening legs and return to start position. Perform 8–12 times, switch legs and repeat.