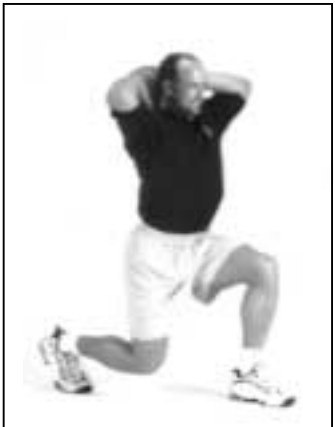


STATIONARY LUNGE

Start: Stand with feet hip-width apart and toes pointed forward, position one foot in front of body and the opposite foot behind the body. Grasp sides of Xerball, bend arms and position ball behind head.



Finish: Tighten stomach muscles, keep ball behind head, shoulders over hips, feet stationary and aligned with knees. Slowly bend both legs until upper leg (front) and lower leg (back) are parallel to floor. Straighten legs, return slowly to start position and repeat with feet in the same position. Alternate foot positions and repeat.



EXERCISE INSTRUCTIONS

Warm-up the body and stretch the muscles before each exercise session.

Mimic all exercises without the Xerball until proficiency is exhibited with each movement.

Complete 1-3 sets of 10-20 repetitions of each exercise selected for each exercise session. Rest approximately 30-60 seconds between each set of exercise.

To avoid developing muscle imbalances, perform an equal number of exercise repetitions with each side of the body.

Attempt to execute perfect form while performing each exercise. If you are over-challenged and unable to complete (10) repetitions with proper form, select an Xerball which provides less resistance or position the ball closer to your center of gravity.

If you are under-challenged and do not achieve muscular fatigue after completing (20) repetitions, select an Xerball which provides a greater amount of resistance or position the ball further from your center of gravity.



XERBALL® INSTRUCTION CHART

IMPORTANT!

Please read the instructions below before you use the Xerball!

Be sure to select an Xerball resistance (2-12 lbs) appropriate for your strength and ability level.

Perform only the exercises as shown in this chart or the "Xerball Training Video".

Perform exercises in a slow and controlled manner.

Avoid straining or holding breath while performing exercises.

Consult your physician before beginning any type of exercise program.

Call our Toll-Free number for more information on SPRI's products or to receive your SPRI catalog.

Ask about the Xerball Training video.

**SPRI Products, Inc.
1026 Campus Drive
Mundelein, IL 60060
800-222-7774**

CHEST PRESS

Start: Lie face up on top of bench with head supported, legs bent and feet on floor.

Grasp sides of Xerball, bend arms, flair elbows and position ball just above chest.

Finish: Tighten stomach muscles, keep head and lower body stationary. Slowly straighten arms and press ball upward directly above shoulders. Return slowly to start position and repeat.



PULL-OVER

Start: Lie face up on top of bench with head supported, legs bent and feet on floor.

Grasp sides of Xerball, straighten arms overhead, flare and point elbows toward ceiling.

Finish: Tighten stomach muscles, keep head and lower body stationary. Slowly pull ball up and overhead. Move from the shoulders, not the elbows, and end with ball directly above shoulders. Return slowly to start position and repeat.



OVERHEAD PRESS

Start: Sit upright on top of bench with legs bent and feet on floor.

Grasp sides of Xerball, bend arms and position along sides of body with shoulder blades together and ball just above chest.

Finish: Tighten stomach muscles, keep feet stationary and head directly above hips. Slowly straighten arms overhead and press ball upward directly above shoulders. Return slowly to start position and repeat.



AB CURL

Start: Lie on back with legs bent, feet and head on floor. Grasp sides of Xerball, bend arms and position ball just above chest.

Finish: Keep arms and legs stationary, head and shoulders aligned. Tighten stomach muscles, slowly lift upper body and curl toward legs. End with ball over bellybutton; head, shoulders and upper back off floor. Return slowly to start position and repeat.



REVERSE AB CURL

Start: Lie on back with legs bent and head on floor. Place Xerball between knees, squeeze ball, lift legs and position knees directly above hips. Position arms overhead and grasp stationary object.

Finish: Keep upper back, head and shoulders on floor. Tighten stomach muscles, slowly lift hips and curl knees toward chest. End with ball over chest; hips and lower back off floor. Return slowly to start position and repeat.



BACK EXTENSION

Start: Lie on stomach with legs slightly bent, knees flared out, feet and chin on floor. Grasp sides of Xerball, bend arms and position ball behind head.

Finish: Keep hips and legs stationary, chin in, ball behind head and eyes looking down at floor. Tighten low back muscles, slowly lift head and chest up off floor. Return slowly to start position and repeat.



SINGLE LEG SQUAT

Start: Stand, grasp sides of Xerball, straighten arms overhead and position ball above shoulders. Balance on one leg, lift opposite leg up in front of body.

Finish: Tighten stomach muscles, keep ball above shoulders, shoulders over hips and opposite leg in front of body. Slowly bend balance leg, keep heel on floor and knee aligned with foot. Straighten leg, return slowly to start position and repeat with same leg. Alternate feet and repeat with opposite leg.

