



THE SPRI® HANDLE

INSTRUCTION CHART

IMPORTANT!

Please read the instructions on the reverse side before attaching the flat band product to the SPRI handle.

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

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

CAUTION User Liability

SPRI Products, Inc. assumes NO liability for any injury occurring due to user's misapplication, incorrect assembly, improper attachment of SPRI's tubing to the Exercise Machine Support Strap, or improper anchoring of the support strap to an exercise machine.

Be sure to closely review the Exercise Machine Support Strap pictures and corresponding captions before using the support strap. If you have any questions regarding the proper use of the support strap, please call SPRI at 800-222-7774 before performing any exercises with the strap and speak with a customer service representative.

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

Ask about the
Compound Training Video.

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EXERCISE MACHINE SUPPORT STRAP

INSTRUCTION CHART

IMPORTANT!

Please read the instructions below before you use the Exercise Machine Support Strap!

Check for possible wearing of the strap or snaps before each workout.

Avoid attaching the strap to rough or abrasive surfaces.

Attach only SPRI's tubing products to the Exercise Machine Support Strap.

Use the strap only as shown in this chart or the Compound Training Video.

Make sure the strap is secure around the frame of exercise machine before each use.

Make sure tubing is attached and secured between both pair of fully closed support strap snaps (listen for the snap!).

Exercises performed using the strap should be executed in a slow and controlled manner.

Consult your physician before beginning any type of exercise program.

EXERCISE MACHINE SUPPORT STRAP

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The Exercise Machine Support Strap safely anchors SPRI rubberized resistance exercise tubing products to any exercise equipment frame. The strap reduces tubing wear, while providing quick and secure attachment of tubing to all types of exercise equipment. For convenience and ease of use, it is recommended that the strap remain attached to the exercise machine and not be removed and reattached for each exercise. To insure your safety and the safety of those around you, carefully read all instructions and cautions provided for you on both sides of this instructional chart.



Step 1

Wrap the middle of the strap around the exercise machine frame.



Step 2

Insert the end of the strap with snaps (snap-end) through the loop on the opposite end of the strap (loop-end).



Step 3

Pull the snap-end of the strap and secure the strap tightly around the frame of the exercise machine.



Step 4

Place the tubing across the snap-end of the strap between the two pairs of snaps.



Step 5

Fold the snap-end of the strap over the top of the tubing and connect both pairs of snaps (listen for two distinct snap sounds to insure closure).



Step 6

Pull hard on the tubing making sure it is securely attached to the strap before each use.