

## Biceps / Triceps Combo



**Start:** Position strap securely across arch of each foot, and grasp one handle in each hand. Sit on floor with toes pointed and together, legs straight, and kneecaps facing upward while leaning upper body back slightly. Straighten arms and position in front of body with palms facing backward.

**Finish:** As you exhale, slowly bend arms and bring hands up and back toward head while keeping elbows stationary and upper body leaning backward slightly. Then, slowly rotate lower arms down and inward, straightening and pressing arms backward while lifting body upright. Keep head aligned with shoulders, back straight, abdominal muscles pulled inward, with legs and buttocks positioned firmly on the floor. Hold and slowly return to start position while inhaling.

*Note: Do this movement continuously (Biceps Curl – Triceps Press – Biceps Curl – Triceps Press)*

SPRI® and Pilates Xertube® are registered trademarks of SPRI® Products, Inc.

## EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Pilates Xertube® prior to each exercise being performed with the Pilates Xertube®.
  - 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 leg / 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 -
- 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.
  - Perform each exercise a maximum of 2-3 times per week.
  - Allow 24-48 hours of complete rest between each Pilates Xertube® exercise session.

**Call our toll-free number or visit our website for more information on SPRI® Products or to receive your SPRI® catalog.**

**SPRI® Products, Inc.  
1600 Northwind Blvd.  
Libertyville, IL 60048  
800-222-7774**

**[www.spriproducts.com](http://www.spriproducts.com)**

# SPRI®

## PILATES XERTUBE® INSTRUCTION CHART

### IMPORTANT!

***Please read the instructions below prior to using the Pilates Xertube®!***

- Before beginning each exercise session, check for wear on the strap and tubing.
- Avoid exposing the tubing to rough or abrasive surfaces.
- Always perform general warm-up activities prior to performing Pilates Xertube® exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Make sure the strap is securely positioned on foot before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while performing exercises.
- Always keep back straight and abdominal muscles tight when performing each exercise.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

## Biceps Curl



**Start:** Position strap securely across arch of each foot, and grasp one handle in each hand. Sit on floor with toes pointed and together, legs straight, and kneecaps facing upward while leaning upper body back slightly. Straighten arms and position in front of body above legs with palms facing upward.

**Finish:** As you exhale, slowly bend arms and bring hands up and back toward head while keeping elbows stationary and upper body leaning backward slightly. Keep head aligned with shoulders, elbows stationary, back straight, abdominal muscles pulled inward, and buttocks and legs positioned firmly on the floor. Hold and slowly return to start position while inhaling.

## Triceps Press



**Start:** Position strap securely across arch of each foot and grasp one handle in each hand. Sit on floor with back and legs straight, kneecaps upward, and upper body straight. Straighten arms outward, away from sides of body with palms open and facing backward.

**Finish:** As you exhale, slowly press open hands backward while keeping arms straight. Keep back straight, abdominal muscles pulled inward, and legs and buttocks positioned firmly on the floor. Hold and slowly return to start position while inhaling.

## Double Leg Press – Level 1



**Start:** Position strap across arch of each foot, and grasp one handle in each hand. Lie on the floor with legs bent, lower leg parallel to the floor, feet flexed and together. Straighten arms and position hands and elbows directly above shoulders with palms facing forward.



**Finish:** As you exhale, slowly straighten and lift legs

upward while keeping abdominal muscles tight and arms stationary. Keep abdominal muscles pulled inward, wrists firm and legs together. Hold and slowly return to start position while inhaling.

## Double Leg Press – Level 2



**Start:** Position strap across arch of each foot, and grasp one handle in each hand. Lie on the floor with legs bent, lower leg parallel to the floor, feet flexed and together. Straighten arms and position hands and elbows directly above shoulders with palms facing forward. Straighten arms and position hands and elbows directly above shoulders with palms facing forward.



**Finish:** As you exhale, slowly straighten and lift legs upward while tightening abdominal muscles, lifting head and shoulders off floor with arms stationary. Keep abdominal muscles pulled inward, wrists firm and legs together. Hold and slowly return to start position while inhaling.

## Double Leg Press – Level 3



**Start:** Position strap across arch of each foot, and grasp one handle in each hand. Lie on the floor with legs bent, lower leg parallel to the floor, feet flexed and together. Straighten arms and position hands and elbows directly above shoulders with palms facing forward.



**Finish:** As you exhale, slowly straighten and lift legs upward while tightening abdominal muscles, lifting head and shoulders off floor, while pulling arms back and apart outside shoulder width. Keep abdominal muscles pulled inward, wrists firm and legs together. Hold and slowly return to start position while inhaling.