

XERDISC™ STANCE POSITIONS



Square Stance (Narrow)

Stand with feet hip-width apart, toes pointed forward, and bend knees slightly.



Square Stance (Wide)

Stand with feet shoulder-width apart or greater, toes pointed slightly outward, and bend knees slightly.



Split Stance

Stand with feet hip-width apart and position one foot forward of body and one foot behind body. Point toes forward and bend knees slightly.

XERDISC™ EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Xerdisc™.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each side of the body to avoid the development of muscle and joint range of motion imbalances.
- Perform each exercise with good control through a full range of motion.
- Perform each exercise a maximum of 2-3 times per week.
- If over-challenged and unable to perform an exercise for (8) repetitions with good control, rest for a longer period of time between exercise sets or eliminate the use of the Xerdisc™ for a period of time.
- If under-challenged following the completion of an exercise for (12) repetitions, rest for a shorter period of time between exercise sets or remove shoes.

GENERAL CARE

- Keep away from sharp objects and surfaces.
- Be sure to check the Xerdisc™ for proper inflation before each use (refer to “Inflation Tips”).
 - Avoid over-inflation of the Xerdisc™.
 - Avoid bouncing or jumping on the Xerdisc™.

Product Inflation Required!

INFLATION TIPS

Use a bicycle pump and ball needle to inflate the Xerdisc™.

To determine the optimal degree of inflation:

Simply inflate to the point at which the flat-side surface of the Xerdisc is parallel to the floor when hand-pressure is applied. Slightly under inflate or over inflate to create an increased balance-challenge.

NEVER over-inflate creating a rigid, dome-top surface.

SPRI®

XERDISC™ INSTRUCTION SHEET

Developed by Greg Niederlander, M.S.

IMPORTANT!

Please read the instructions below before you use the Xerdisc™!

GENERAL USE

- Always use the Xerdisc™ with spiked-side down.
- Do not place the Xerdisc™ on slick or slippery surfaces.
- Always perform general warm-up activities prior to performing the Xerdisc™ exercises.
- Perform only the exercises as shown in this sheet, or other SPRI® informational resources.
- Mimic all exercises without the Xerdisc™ until proficiency is achieved with each exercise.
- Perform an equal number of exercise repetitions with each arm / leg to avoid development of muscular imbalances.
- Wear appropriate footwear to perform exercises.
- Make sure bottom of foot (feet) is in full contact with top of the Xerdisc™ at all times.
- If necessary, place hand on wall or back of chair for added support while performing the Xerdisc™ exercises.
- Perform exercises in a slow, controlled manner.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

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

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Squat

Start:

Stand in a narrow square stance with disc under both feet. Keep legs slightly bent, feet flat on disc with toes pointed forward. Position arms along sides of body with hips and shoulders square.



Finish:

Slowly bend knees, lower hips and buttocks until knees are directly above the toes. Keep knees over feet, head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold and return to start position.

Front Lunge

Start:

Stand in a split stance with disc under front foot. Straighten back leg with heel off the floor and bend front leg slightly with foot flat on the disc. Position arms along sides of body with toes pointed forward, hips and shoulders square.



Finish:

Slowly bend knees, lower hips and buttocks until thigh of front leg and shin of back leg are almost parallel to the floor. Lift back heel off floor, front knee directly over foot with head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold, return to start position, and repeat.

Side Lunge

Start:

Stand in a wide square stance, position disc under foot of exercise leg positioned slightly in front of hips. Keep legs straight with feet pointed outward slightly. Position arms along sides of body with hips and shoulders square.



Finish:

Slowly bend knee of exercise leg, push buttocks backward, and lower hips. Keep knee of exercise leg over foot, opposite leg straight, feet stationary, back straight, and abdominal muscles tight. Hold and return to start position.

Quarter Squat Hold

Start:

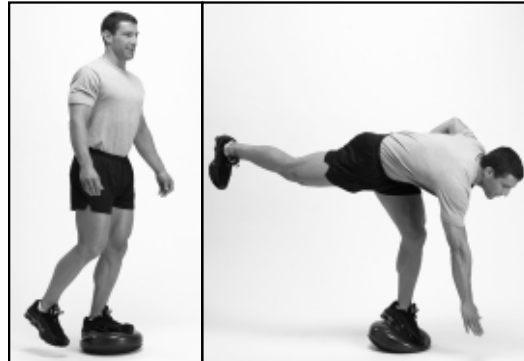
Stand, position disc under foot and balance on exercise leg. Keep leg slightly bent, foot flat on disc with toes pointed forward. Bend and lift opposite leg off floor. Position arms along sides of body with hips and shoulders square.



Finish: Slowly bend knee, lower hips and buttocks until knee is just behind the toes. Keep knee over foot, head and shoulders directly above hips, back straight, and abdominal muscles tight. Hold for approximately 30 seconds, return to start position.

Modification: Place hand on wall for added support.

Straight Leg Dead Lift



Start: Stand, position disc under foot and balance on exercise leg. Keep knee slightly bent, foot flat on disc with toes pointed forward. Bend opposite leg and position along side of exercise leg. Position arms along sides of body with hips and shoulders square.

Finish: Slowly bend forward at the waist, reach downward in front of exercise leg with opposite hand while lifting and pointing opposite leg backward. Keep legs straight, knee over ankle of exercise leg, back straight, and abdominal muscles tight. Hold and return to start position.

Modification: Place hand on wall for added support.

Squat and Reach

Start:

Stand, position disc under foot and balance on exercise leg. Keep knee slightly bent, foot flat on disc with toes pointed forward. Bend opposite leg and position upper leg along side of exercise leg. Position arms along sides of body with hips and shoulders square.



Finish: Slowly bend knee, reach down and forward in front of exercise leg with opposite hand while bending forward at the waist. Keep knee over foot of exercise leg, back straight, and abdominal muscles tight. Hold and return to start position.

Modification: Place hand on wall for added support.

Ab Curl

Start:

Lie with low back on the disc. Bend legs, position feet flat on the floor slightly wider than hip width apart. Bend arms and position hands behind head.



Finish:

Slowly raise head and shoulders upward while tightening abdominal muscles and pulling ribs down toward hips. Keep the feet stationary and low back on top of disc. Hold, return to start position, and repeat.

Modification: To decrease difficulty, straighten arms and position on floor along sides of body.

Push-Up

Start:

Lie face down on floor with one hand on the disc. Straighten arms and legs, position balls of feet and opposite hand on floor. Tighten abdominal muscles and lift knees, hips, and chest off floor.



Finish:

Slowly bend arms, lower hips and chest toward floor until upper arms are parallel to floor. Keep legs straight, abdominal muscles tight, and head aligned with shoulders. Hold, return to start, and repeat.

Modification: To decrease difficulty, bend legs and position knees on floor.