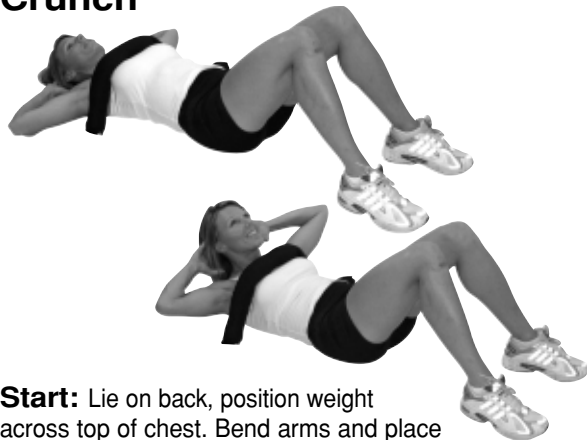


## Crunch



**Start:** Lie on back, position weight across top of chest. Bend arms and place hands behind head. Bend legs and position feet flat on the floor shoulder width apart.

**Finish:** Slowly lift head and shoulders upward off floor while flattening low back and squeezing ribs downward toward hips. Keep buttocks and feet stationary with head and shoulders aligned. Hold 1-2 seconds and slowly return to start position.

## V-Sit



**Start:** Sit in chair, position weight across tops of feet. Place hands on arms of chair and sit back slightly. Bend legs and position heels on floor hip width apart.

**Finish:** Slowly lift knees up and backward toward chest while flattening low back and squeezing hips upward toward ribs. Keep hands on chair arms, buttocks stationary with back straight and upper body leaning slightly backward. Hold 1-2 seconds and slowly return to start position.

## EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Contour-Weights™ before each exercise session.
- 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 controlled range of motion.
- Perform an equal number of exercise repetitions with each arm/leg 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 Contour-Weights™ that provides less 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 Contour-Weights™ that provides more resistance.
- Perform each exercise 2-3 times per week.
- Allow 24-48 hours of complete rest between each Contour-Weights™ exercise session.

*Call our toll-free number or visit our website for more information on SPRI® products.*

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

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

SPRI® is a registered trademark of SPRI® Products, Inc.  
John Abdo is the inventor of Contour-Weights™.  
Contour-Weights™ is a trademark of John Abdo.

# SPRI®

## CONTOUR-WEIGHTS™

PATENT PENDING

### INSTRUCTION SHEET

*Developed by John Abdo*

## IMPORTANT!

*Please read the instructions below prior to using the Contour-Weights™!*

- Before each workout check for possible wear of the Contour-Weights™.
- Avoid exposing the Contour-Weights™ to rough or abrasive surfaces.
- Always perform general warm-up activities prior to performing Contour-Weights™ exercises.
- Perform only the exercises as shown on this instruction sheet, or other SPRI®, produced informational resources.
- Make sure the Contour-Weights™ are secure and properly positioned/balanced on body before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Maintain proper body alignment, and keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.

**Note:** When secured around the waist, *Contour-Weights™* is also great to use while walking, skating, jogging, running, etc.

## Squat

**Start:** Secure weight around waist. Stand with feet shoulder width apart. Bend knees slightly with hips square and feet facing forward. Straighten arms along sides of body with feet, hips, and shoulders aligned.

**Finish:** Slowly bend legs while pushing buttocks backward and bending slightly forward at the waist. End with knees bent directly above toes, head and neck aligned, abdominal muscles tight, and back straight. Hold 1-2 seconds and slowly return to start position.



## Lunge

**Start:** Secure weight around waist. Stand with one foot in front of body and the opposite foot behind body with feet hip width apart. Bend knees slightly with hips and feet facing forward. Straighten arms along sides of body with head, shoulders and hips aligned.

**Finish:** Slowly bend legs, lower hips toward floor until upper portion of front leg and lower portion of back leg are parallel to the floor. End with front knee bent directly over toes, back knee and heel off the floor, head and neck aligned and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



## Step Up

**Start:** Secure weight around waist. Stand with one foot in front of body and position hip width apart flat on top of elevated step with opposite foot flat on floor directly under same side hip. Bend front leg with knee directly over foot and straighten back leg with both feet facing forward. Straighten arms along sides of body with head, shoulders and hips aligned.

**Finish:** Slowly straighten front leg and step up on top of elevated step placing back foot on step hip width apart. End with feet flat on top of step, head, shoulders, and hips aligned while keeping abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



## Upright Row

**Start:** Grasp weight in each hand with arms shoulder width apart. Straighten arms and position along sides of body with hands slightly in front of shoulders and palms facing backward. Stand with feet facing forward, shoulder width apart and knees slightly bent.

**Finish:** Slowly bend arms, flair elbows outward and lift hands upward. End with hands directly in front of shoulders, palms facing downward with elbows and shoulders aligned. Keep knees slightly bent, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



## Biceps Curl

**Start:** Grasp weight in each hand with arms shoulder width apart. Straighten arms and position along sides of body with hands slightly in front of shoulders and palms facing upward. Stand with feet facing forward, shoulder width apart and knees slightly bent.

**Finish:** Slowly bend arms, lifting hands up and forward toward shoulders. End with hands in front of shoulders, palms facing backward with elbows directly below shoulders. Keep knees slightly bent, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.



## Triceps Press

**Start:** Grasp weight in each hand with arms shoulder width apart. Bend arms and position overhead with elbows directly above shoulders, upper arms parallel to floor, and palms of hands facing upward. Stand with feet facing forward, shoulder width apart and knees slightly bent.

**Finish:** Slowly straighten arms overhead, lifting hands up and forward directly above elbows. End with hands aligned with elbows and shoulders, palms facing forward. Keep knees slightly bent, back straight, and abdominal muscles tight. Hold 1-2 seconds and slowly return to start position.

