

Arm Curl

Start:

Position cuff securely around middle of foot and grasp one handle in each hand with palms facing upward. Sit on floor with toes pointed, feet together on the floor, legs straight, and kneecaps facing upward while leaning upper body back slightly. Bend both arms slightly and position arms in front of body above legs.



Finish: Slowly bend arms up and back toward head while keeping elbows stationary and upper body leaned back. Keep back straight, abdominal muscles pulled inward, and buttocks and legs positioned firmly on the floor. Hold 1-2 seconds and slowly return to start position.

Arm / Shoulder Extension

Start:

Position cuff securely around middle of foot and grasp one handle in each hand with palms facing downward. Sit on floor with toes pointed, feet together on the floor, legs straight, and kneecaps facing upward while straightening back. Position arms straight down and in front of body with elbows slightly bent.



Finish:

Slowly pull arms backward while bending forward at the hips, leaning trunk forward, ending with head facing legs and palms facing upward. Keep arms straight with palms facing upward, abdominal muscles pulled inward, buttocks and legs positioned firmly on the floor, and upper body facing legs. Hold 1-2 seconds and slowly return to start position.

FLEX N' POINT EXERCISE INSTRUCTIONS

- As a warm-up, perform each selected exercise 3-5 times without the Flex N' Point™ before each exercise is performed with the Flex N' Point™.
- 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 select a Flex N' Point™ that provides a lesser amount of 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.
- Perform each exercise a maximum of 2-3 times per week.
- Allow 24-48 hours of complete rest between each Flex N' Point™ exercise session.

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

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FLEX N' POINT™

INSTRUCTION CHART

Developed by Leslee Bender, B.A.

IMPORTANT!

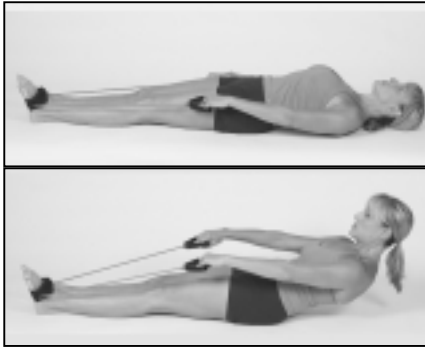
Please read the instructions below before you use the Flex N' Point™!

- Before beginning each exercise session, check for wear on the cuff and tubing.
- Avoid exposing the tubing to rough or abrasive surfaces.
- Always perform general warm-up activities prior to performing Flex N' Point™ exercises.
- Perform only the exercises as shown in this chart, or other SPRI® produced informational resources.
- Make sure the cuff is securely positioned on foot before beginning each exercise.
- Perform exercises in a slow and controlled manner.
- Avoid straining or holding breath while exercising.
- 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.

Curl Up

Start:

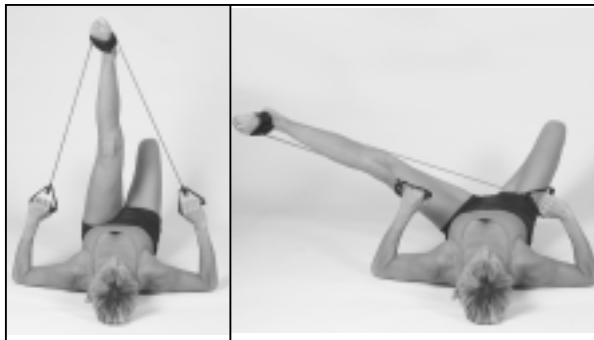
Position cuff securely around middle of foot and grasp one handle in each hand. Lie on back, legs straight, feet together on the floor, toes pointed, and kneecaps facing upward. Keep hands along sides of thighs with palms facing downward.



Finish:

Tighten abdominal muscles and slowly lift shoulders and head off floor and slightly curling trunk up and forward, and keeping arms straight. Keep heels firmly on the floor and toes pointed. Hold 1-2 seconds and slowly return to start position.

Back Scissor



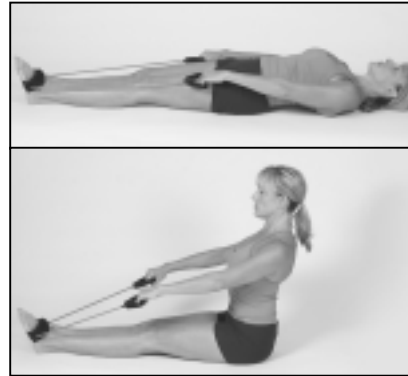
Start: Position cuff securely around middle of foot and grasp one handle in each hand. Lie on back with toes pointed, cuffed leg straight and lifted upward, foot and knee aligned with hip while bending opposite leg and positioning foot on the floor. Bend arms, align elbows with shoulders, and position on the floor.

Finish: Slowly lower leg to the side until a comfortable stretch is felt along inner thigh. Keep elbows pulled back on the floor, abdominal muscles pulled inward with hips and opposite foot positioned firmly on the floor. Hold 1-2 seconds and slowly return to start position.

Sit Up

Start:

Position cuff securely around middle of foot and grasp one handle in each hand. Lie on back, legs straight, feet together on the floor, toes pointed and kneecaps facing upward. Keep hands along sides of thighs with palms facing downward.



Finish:

Tighten abdominal muscles and slowly lift upper body to an upright sitting position while keeping arms straight. Keep heels firmly on the floor with toes pointed and back straight. Hold 1-2 seconds and slowly return to start position.

Side Scissor

Start:

Position cuff securely around middle of foot and grasp one handle in one hand. Lie on side with toes pointed, cuffed leg straight and lifted to a 45-degree angle, foot and knee aligned with hip while positioning opposite leg straight on the floor. Straighten arm and position cuffed side arm above body with elbow, hand, and shoulder aligned and bend the opposite arm to support body.



Finish: Slowly pull leg downward toward opposite leg while pulling handle in the opposite direction, maintaining arm in start position. Keep upper body lifted off floor, abdominal muscles pulled inward with hip and leg positioned firmly on the floor. Hold 1-2 seconds and slowly return to start position.

Bicycle

Start:

Position cuff securely around middle of foot and grasp one handle in each hand. Lie on back with toes pointed, cuffed leg bent with knee above hip and opposite leg straight just above floor. Lift shoulders and head off floor, bend arms, align elbows with shoulders, and position just above floor.



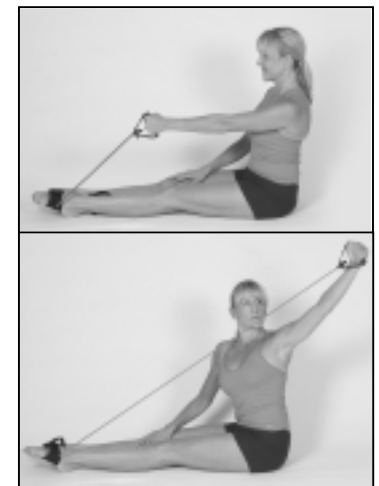
Finish:

Keep legs lifted off floor, straighten cuff leg down and forward, while bending opposite leg up and back above upper body. Keep shoulders, head, and elbows lifted off floor, elbows pulled back, abdominal muscles pulled inward, and hips firmly on the floor. Hold 1-2 seconds and slowly return to start position.

Trunk Twist

Start:

Position cuff securely around middle of foot and grasp one handle in one hand. Sit on floor with toes pointed and together on the floor, legs straight, and kneecaps facing upward. Straighten arm and position cuffed side arm in front of body, parallel to leg with hand above knee and position opposite hand comfortably on same side thigh.



Finish:

Slowly pull hand out and upward while keeping arm straight and rotating head and upper body in the same direction. Keep back straight, abdominal muscles pulled inward, and legs and buttocks positioned firmly on the floor. Hold 1-2 seconds and slowly return to start position.