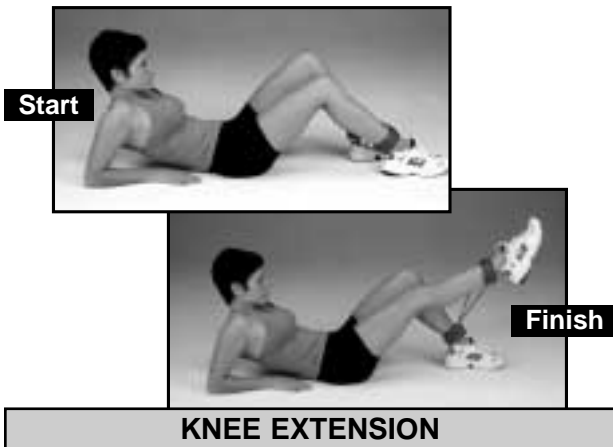


(abductors)

Start: Secure straps around ankles. Lie on side, rest head on bottom arm and place opposite hand on floor for support. Straighten both legs.

Finish: Lead with heel and lift top leg up and away from bottom leg. The opposite hip must remain stationary. Return to start and repeat.



(quadriceps)

Start: Secure straps around ankles. Sit on floor, bend both legs, lie back and support upper body on elbows.

Finish: Extend knee of exercise leg. Lift lower leg up to height of knee until leg is straight. Return to start and repeat.

EXERCISE INSTRUCTIONS

Mimic all exercises without the LEX Loop until proficiency is achieved with each movement.

Perform 5-10 minutes of rhythmic movement warm-up activities before each exercise session.

Slowly stretch all major muscle groups before and after each exercise session. Hold each stretch for 10-30 seconds.

Perform 1-3 sets of 8-12 repetitions of each exercise (with each leg) performed during each exercise session. Rest approximately 30-60 seconds between each exercise set.

If unable to complete (8) repetitions, select a LEX Loop which provides a lesser amount of resistance.

– OR –

If unable to achieve moderate to maximum muscular fatigue following the completion of (12) repetitions, select a LEX Loop which provides a greater amount of resistance.

Perform each exercise 2-3 times per week. Allow 24-48 hours of complete rest between each LEX Loop exercise session.

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

Ask about our other resistance tubing products.

SPRI Products, Inc.

1026 Campus Drive • Mundelein, IL 60060

800-222-7774



LEX LOOPS™ INSTRUCTION CHART

IMPORTANT!

Please read the instructions below before using the LEX Loops:

Consult your physician before beginning any type of exercise program.

Before each workout check for possible wear on the straps or tubing.

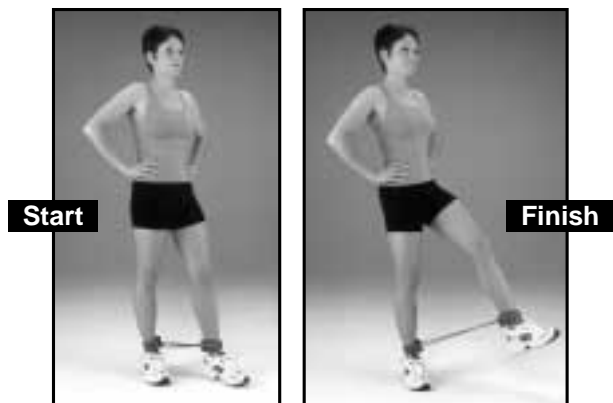
Perform only the exercises shown in this chart.

Make sure the straps are secure before beginning each exercise.

Perform exercises in a slow and controlled manner.

Avoid straining or holding breath while performing exercises.

Discontinue any exercise that is uncomfortable or causes discomfort.

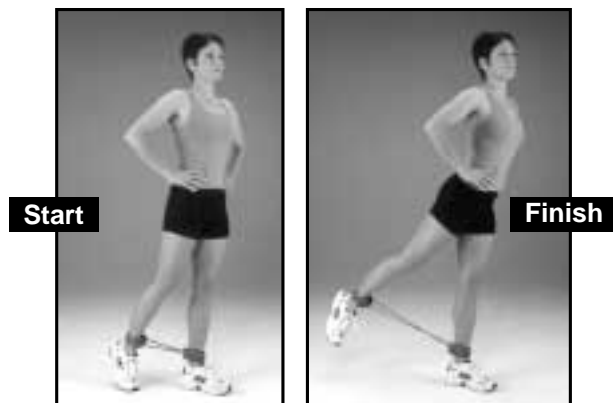


FORWARD RAISE

(hip flexors / quadriceps)

Start: Secure straps around ankles. Stand upright and position feet shoulder width apart with knees bent slightly. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep one foot grounded while raising the other leg forward. Keep hips and shoulders square throughout the exercise. Return to start and repeat.

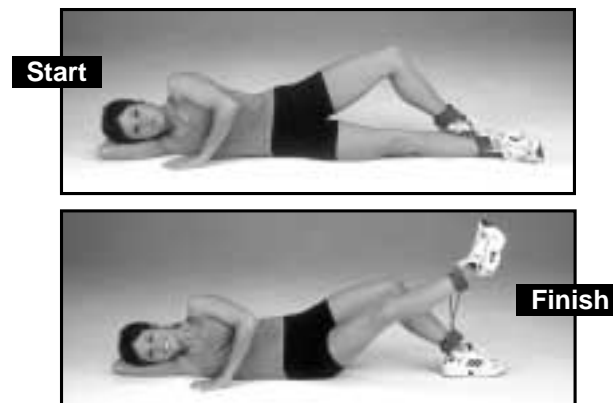


BACKWARD PRESS

(hamstrings / gluteals)

Start: Secure straps around ankles. Stand upright and position feet shoulder width apart with exercise leg slightly behind body. Keep knees slightly bent. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep one foot grounded while pressing the other leg straight behind body. Keep hips and shoulders square throughout the exercise. Return to start and repeat.

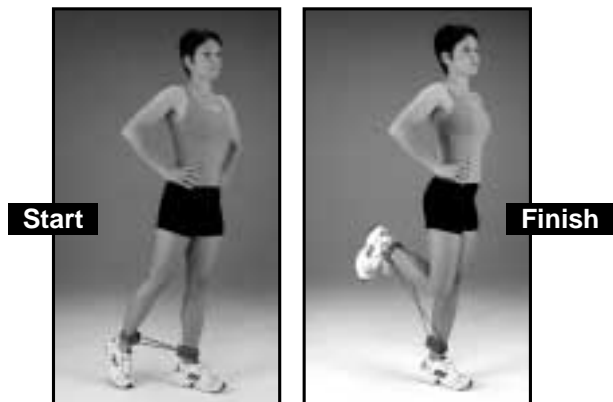


INNER LEG LIFT

(adductors)

Start: Secure straps around ankles. Lie on side, rest head on bottom arm and place opposite hand on floor for support. Bend the top knee and place foot firmly to the floor. Straighten bottom leg.

Finish: Lead with the heel and lift bottom leg up as high as possible. Return to start and repeat.

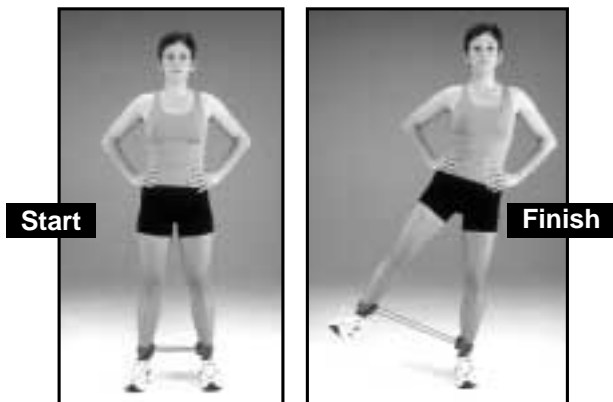


LEG CURL (STANDING)

(hamstrings)

Start: Secure straps around ankles. Stand upright and position feet shoulder width apart. Position foot of exercise leg slightly behind body. Keep knees slightly bent. Place hands on hips or hold onto an object at waist height or above.

Finish: Bend knee and curl leg toward buttocks while keeping knee below hip. Keep hips and shoulders square throughout exercise. Return to start and repeat.

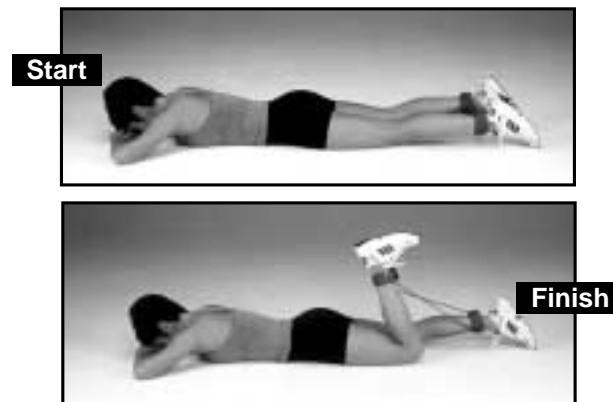


SIDE LIFT

(abductors)

Start: Secure straps around ankles. Stand upright and position feet shoulder width apart with knees bent slightly. Place hands on hips or hold onto an object at waist height or above.

Finish: Keep leg straight, lead with heel and press leg up and out to the side. The opposite hip and shoulders must remain stationary. Return to start and repeat.



LEG CURL (PRONE)

(hamstrings)

Start: Secure straps around ankles. Lie on stomach, place back of hands under forehead and extend both legs. Place a pad or rolled up towel under knee of exercising leg for extra comfort if desired.

Finish: Keep hips in contact with floor, bend knee and curl leg toward buttocks while keeping knee on floor. Return to start and repeat.