

## Foot Positioning



Moderate Stance



Staggered Stance



Wide Stance

## Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Braided 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 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 Braided Xertube which 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 or select a Braided Xertube which provides a greater amount of resistance.
  - Perform each exercise a minimum of 3 times per week for maximum results.
  - Allow 24–48 hours of complete rest between each band exercise session.

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**Disclaimer:** SPRI (A Gaiam Company) assumes no liability or responsibility for accidents or injury to person or property that may result from the improper use of this product. Be sure to consult your health professional before beginning these exercises or any type of exercise program.

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# SPRI®

## Braided Xertube®

### IMPORTANT!

Please read the instructions below before using the Braided Xertube®.

- Before each workout, check for possible wear/tears of the Braided Xertube®.
- Always perform general warm-up activities prior to performing Braided Xertube® exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Avoid exposing the Braided Xertube® to rough, sharp or abrasive surfaces.
- Wear appropriate footwear while using the Braided Xertube®.
- Make sure the Braided Xertube® is secured in hands or under/around feet before beginning each exercise.
- Avoid placing the Braided Xertube® under a STEP®. Use either the STEP® Attachment or the Step Tube.™
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding your breath while exercising.
- Discontinue any exercise that is uncomfortable or causes discomfort.
- Consult your physician before beginning any type of exercise program.



### Side Leg Lift (Lower)

**Start:** Stand in a moderate stance with feet shoulder width apart. Place tubing under both feet and slightly bend legs. Grasp handles with palms facing thighs and position arms straight along sides of body, directly under shoulders.

**Finish:** Balance on one leg and lift opposite leg up and away from side of body. Keep upper body stationary and toes pointed forward. Return to start position and repeat.



### Arm Curl Front Raise (Upper)

**Start:** Stand in a staggered stance. Place tubing under back foot and slightly bend front leg. Grasp handles with palms facing thigh and position arms straight along sides of body, directly under shoulders.

**Finish:** Bend and lift arms up and forward directly in front of shoulders. Keep wrists firm with hands directly above elbows. Return to start position and repeat.



### Deadlift Low Row (Trunk)

**Start:** Stand in a moderate stance with feet shoulder apart. Place tubing under both feet, slightly bend legs, push buttock backward and hinge upper torso forward from the hips. Cross and grasp handles with palms facing inward and arms extended directly below shoulders.

**Finish:** Push hips and buttock forward, straighten legs, and bend arms up and back. Keep wrists firm with elbows flared and hands at hips. Return to start position and repeat.



### Back Leg Lift (Lower)

**Start:** Stand in a moderate stance with feet hip width apart. Place tubing under both feet and slightly bend legs. Grasp handles with palms facing thighs and position arms straight along sides of body, directly under shoulders.

**Finish:** Balance on one leg and lift opposite leg up and backward behind body. Keep upper body stationary and toes pointed downward. Return to start position and repeat.



### Step Press (Upper)

**Start:** Stand in a narrow staggered stance. Place end of tube under back foot and slightly bend both legs. Grasp handle with hand directly above back foot, bend arms with elbows flared and positioned just below shoulders.

**Finish:** Step forward with front leg and straighten back leg while extending arm up and forward, driving opposite arm down and back. Keep wrist firm, opposite arm bent, and back foot flat on floor. Return to start position and repeat.



### Trunk Twist (Trunk)

**Start:** Stand in a wide stance with feet outside shoulder width. Place tubing under one foot, bend legs and transfer weight onto foot anchoring tubing. Grasp handles, bend arms and position hands together directly above foot anchoring tubing.

**Finish:** Straighten legs and transfer weight onto opposite leg while rotating hips and upper torso up and backward in the same direction. Keep feet and arms stationary with head positioned over shoulders. Return to start position and repeat.