

SPRI®

DOOR ATTACHMENT

EXERCISE GUIDE



IMPORTANT!

Please read the instructions below before using the Door Attachment and Xertube®.

- Before each workout, check for possible wear of the Door Attachment and Xertube®.
- Always perform general warm-up activities prior to performing Xertube® exercises.
- Perform only the exercises as shown in this exercise guide or other SPRI® produced informational resources.
- Avoid exposing the Door Attachment or Xertube® to rough or abrasive surfaces.
- Make sure the Door Attachment is secure between the door and jamb, and that the Xertube® is secure in hand before beginning each exercise.
- Always exhibit proper body alignment and posture, as shown in the exercise guide, while performing exercises.
- 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 causes discomfort.
- Consult your physician before beginning any type of exercise program.

Place "plugged" end over top of the door or through hinged side of door (depending on the exercise) and close door tightly.

Pull on strap to ensure that it is secure before starting each exercise.



DOOR ATTACHMENT



CHEST PRESS



DOOR ATTACHMENT: Mid Position

START: Stand with feet hip-width apart and back to door. Grasp each handle, palms facing down and position at chest height, with elbows bent just below shoulders.



FINISH: Press arms straight forward in front of body, ending with hands in front of shoulders and palms of hands facing down. Return to start and repeat.

BACK FLY



DOOR ATTACHMENT: Mid Position

START: Stand with feet hip-width apart, facing door. Grasp handles with palms facing down and arms straight out in front of shoulders.



FINISH: Bend elbows and pull arms straight back, squeezing shoulder blades together. Return to start and repeat.

#BETTEREVERYDAY

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SHOULDER PRESS



DOOR ATTACHMENT: Low Position

START: Stand with feet hip-width apart and back to door. Grasp each handle and position hands outside shoulder width, palms facing forward and elbows below shoulders.

FINISH: Straighten arms overhead, ending with a slight bend in the elbows and hands directly above shoulders. Return to start and repeat.

FRONT PULL-DOWN

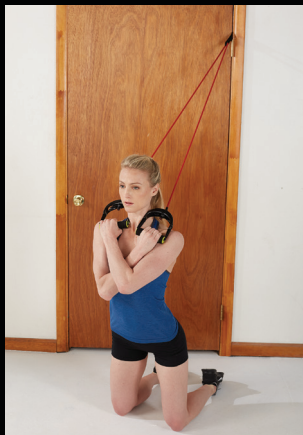


DOOR ATTACHMENT: High Position

START: Stand with feet hip-width apart, facing door. Grasp handles and straighten arms, positioning hands directly in front of shoulders with palms facing down.

FINISH: Bend elbows and pull arms back and down, ending with hands at waist and palms facing backward. Return to start and repeat.

TRUNK CURL



DOOR ATTACHMENT: High Position

START: Kneel on floor with back to door. Grasp handles, crossing arms in front of chest, and position hands on top of shoulders.

FINISH: Bend at waist, curl upper body forward and down toward the floor. Return to start and repeat.

BACK EXTENSION



DOOR ATTACHMENT: Low Position

START: Kneel on floor facing door. Grasp handles with arms bent in front of chest, and position hands in front of shoulders. Bend forward slightly at the waist and hips.

FINISH: Bend backward at waist and hips, ending with chest high and low back comfortably extended. Return to start and repeat.

EXERCISE INSTRUCTION

- As a warm-up before each session, perform each selected exercise 3–5 times without the 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.
- When applicable, 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 an Xertube® 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 or select an Xertube® that 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 Xertube® exercise session.