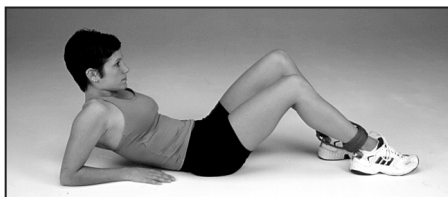


Lying Leg Curl (Hamstrings)

Start: Secure straps around ankles. Lie on stomach with arms folded 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.



Knee Extension (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 and lift leg up to height of knee until leg is straight. Return to start and repeat.

Exercise Instruction

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the Lex Loops.
 - 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 to avoid the development of muscle imbalances.
 - If unable to complete (8) repetitions through a full range of motion, increase rest time between exercise sets or select Lex Loops which provides a lesser amount of resistance.
- OR—
- If unable to achieve moderate to maximal muscular fatigue following the completion of (12) repetitions through a full range of motion, decrease rest time between exercise sets or select Lex Loops 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 Lex Loops exercise session.

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

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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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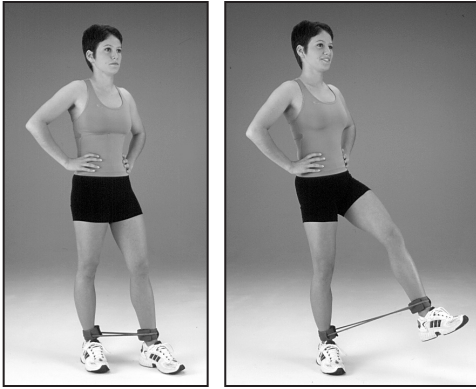
SPRI®

Lex Loops®

IMPORTANT!

Please read the instructions below before using the Lex Loops.

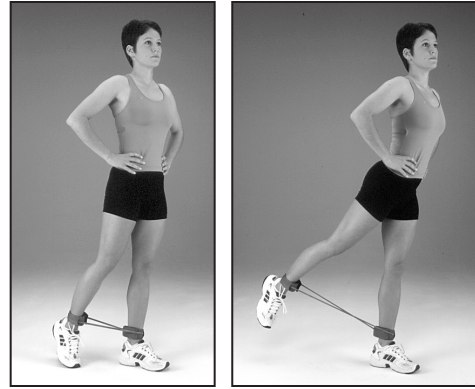
- Before each workout, check for possible wear of the Lex Loops.
- Always perform general warm-up activities prior to performing Lex Loops exercises.
- Perform only the exercises as shown in this chart or other SPRI produced informational resources.
- Avoid exposing the Lex Loops to rough or abrasive surfaces.
- Wear appropriate footwear while using the Lex Loops.
- Make sure the Lex Loops ankle straps are secure around ankles before beginning each exercise.
- 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.



Forward Raise (Hip Flexors/Quadriceps)

Start: Secure straps around ankles. Stand with feet shoulder width apart. Position exercise leg slightly in front of body, keeping knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

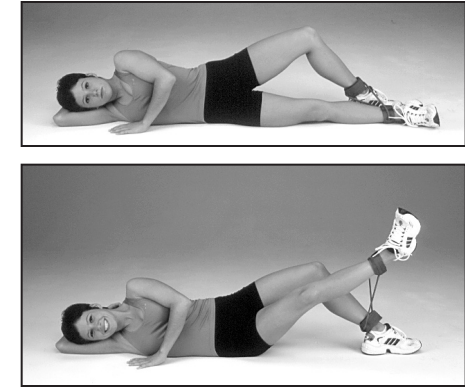
Finish: Keep foot of non-exercise leg grounded while raising the other leg up and forward. Keep hips and shoulders square. Return to start and repeat.



Backward Press (Hamstrings/Gluteals)

Start: Secure straps around ankles. Stand with feet shoulder width apart. Position exercise leg slightly behind body, keeping knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

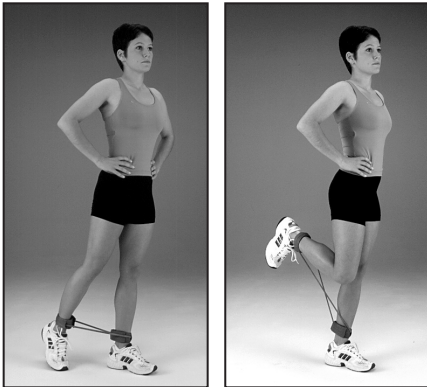
Finish: Keep foot of non-exercise leg grounded while pressing the other leg straight back, behind body. Keep hips and shoulders square. Return to start and repeat.



Inner Leg Left (Adductors)

Start: Secure straps around ankles. Lie on side and rest head on one arm and place other arm on floor for support. Non-exercise leg should be bent, with foot planted firmly on the floor.

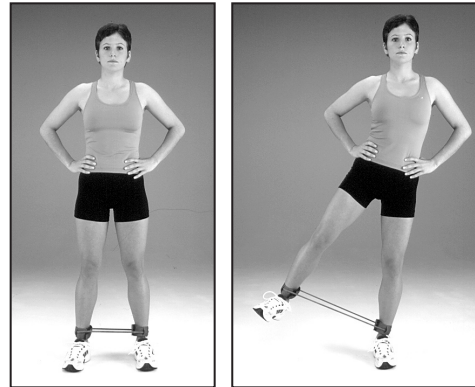
Finish: Lead with the heel and lift lower leg as high as possible. Return to start and repeat.



Standing Leg Curl (Hamstrings)

Start: Secure straps around ankles. Stand with feet shoulder width apart. Position foot of exercise leg slightly behind body, keeping knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

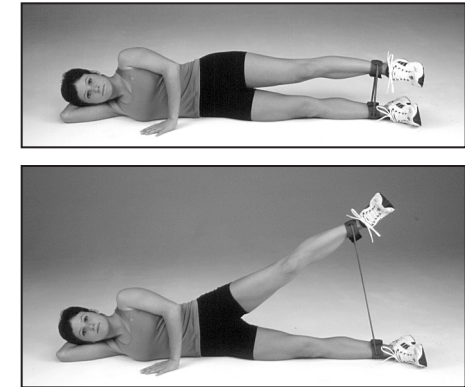
Finish: Bend knee and curl leg upward toward buttocks. Keep hips and shoulders square. Return to start and repeat.



Side Lift (Abductors)

Start: Secure straps around ankles. Stand with feet shoulder width apart with knees slightly bent. Place hands on hips or hold onto the back of a stable chair.

Finish: Keep foot of non-exercise leg grounded while pressing the other leg up and out to the side, keeping leg straight and leading with the heel. Return to start and repeat.



Outer Leg Lift (Abductors)

Start: Secure straps around ankles. Lie on side and roll onto hip of non-exercise leg. Rest head on one arm and place other 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.