

FOUNDATION

BALANCE

SPRI



1 KNEELING ROTATION



2 LEG LIFT



3 SINGLE LEG SQUAT



4 LEG RAISE



5 SINGLE LEG SQUAT & REACH



6 SINGLE LEG SQUAT & LIFT



7 CHEST PRESS (WITH TUBING*)



8 REVERSE FLY (WITH TUBING*)



9 LUNGE & REACH (WITH MEDBALL*)



10 SINGLE LEG LATERAL HOP



11 DUAL LEG SQUAT JUMPS



12 SINGLE LEG LATERAL SQUAT JUMP

FLEXIBILITY

STRENGTH

Step360 PRO

PERFORMANCE

POWER

**TUBING AND MEDBALL NOT INCLUDED
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.
© 2011 Gaiam Americas, Inc. All rights reserved. SPRI is a registered trademark of SPRI Products, Inc. Step360 and Step360 Pro are trademarks of Gaiam Americas, Inc. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452. MADE IN CHINA.
SKU 05-58218WC