



SPRI® Dual Grip Xerball®

Developed by Greg Niederlander, M.S.

Congratulations on your purchase of the SPRI® Dual Grip Xerball®. SPRI® Dual Grip Xerball® gives explosive new movements to medicine ball workouts. This dual handle, easy-to-grip, weighted ball allows a greater range of motion and a variety of exercise and training options.

Fitness professionals rely on the Dual Grip Xerball® for its versatility and effectiveness. And now you can perform a wide range of explosive one-handed and two-handed exercises, right in your own home!

This dual handle, easy-grip, weighted ball provides a safe, comfortable grip, allowing for a full range of motion and a variety of exercises and training options. Thanks to its dual handle design, this ball makes it safer and more comfortable to perform a wide range of traditional medicine ball exercises.

As you can see with the exercises included on this chart, your Dual Grip Xerball® is a great tool for performing two-handed explosive exercises, rotational abdominal exercises, lower body dynamic drills, sports movement activities and so much more.

SPRI® Dual Grip Xerball® puts the power in your hands. So whatever your fitness goals, grasp the handles on the Dual-Grip Xerball® and get a grip on your best workout yet!



- Perform 5–10 minutes of aerobic movement warm-up activities before each exercise session.
- Focus on form and practice each selected exercise 5 times before performing the exercise with the Dual Grip Xerball®.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Perform an equal number of exercises with each side of the body 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 Dual Grip Xerball® that provides less 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 Dual Grip Xerball® that provides more resistance.
- Perform selected exercises a minimum of 3 times weekly for optimal results.
- Allow 24–48 hours of rest between select body region exercises.



Exercise Instructions

SPRI® Dual Grip Xerball®



IMPORTANT!!!

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING THE Dual Grip Xerball®!

- Always perform general warm-up activities prior to performing Dual Grip Xerball® exercises.
- Perform only the exercises as shown on this sheet, or other SPRI® produced informational resources.
- Mimic all strengthening exercises without the Dual Grip Xerball® until proficiency is achieved with each movement.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while performing exercises.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

Disclaimer:

SPRI Products, Inc. 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.

SPRI® The leading manufacturer and distributor of health, fitness and wellness exercise products

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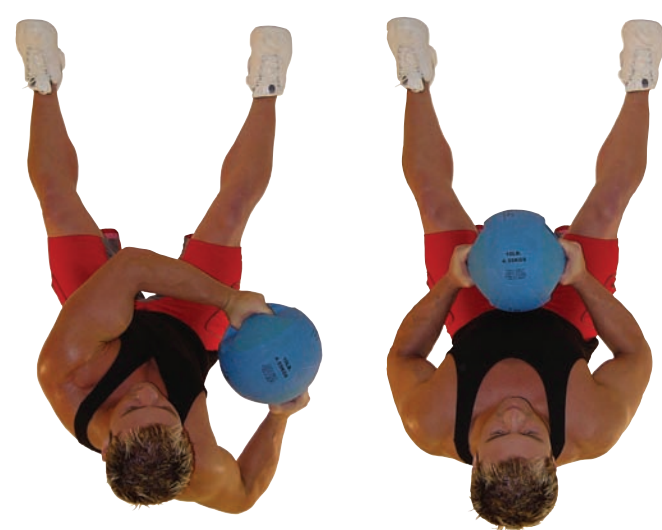
Rotating Front Press



Start: Stand with feet shoulder width apart. Hold one handle in each hand with arms bent and ball close to body just below chest height. Keep hips and shoulders square with knees slightly bent.

Finish: Slowly straighten arms directly in front of chest to one side of body while pivoting opposite leg and hips in the same side direction. Keep wrists firm and abdominal muscles tight, with head, shoulders and hips aligned. Hold 1–2 seconds, slowly return to start position and repeat in opposite direction.

Rotating Back Pull



Start: Stand with feet shoulder width apart. Hold one handle in each hand with arms bent, ball close to body just below chest height, and bend forward at the hips. Keep back straight, hips and shoulders square with knees slightly bent.

Finish: Slowly swing arms and upper torso upward to one side of body while pivoting at the waist in the same side direction. Keep wrists firm, arms bent, and abdominal muscles tight, with head, hips, and feet remaining stationary. Hold 1–2 seconds, slowly return to start position, and repeat in opposite direction.

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Front Squat Lift

Start: Stand with feet shoulder width apart. Hold one handle in each hand with arms straight and ball between knees directly below shoulders. Keep hips and shoulders square with knees bent.

Finish: Slowly raise arms forward and overhead while straightening legs and pushing hips forward. Keep wrists firm, arms straight, and abdominal muscles tight with head, shoulders and hips aligned. Hold 1–2 seconds, slowly return to start position and repeat.



Diagonal Squat Lift

Start: Stand with feet shoulder width apart. Hold one handle in each hand with arms straight and ball in front of one knee directly below same side shoulder. Keep hips and shoulders square, bend forward slightly at the hips with knees bent.

Finish: Slowly raise arms forward and upward over opposite side shoulder while straightening legs and rotating at the waist in the same side direction. Keep wrists firm, arms straight, and abdominal muscles tight, with head, shoulders, and hips aligned. Hold 1–2 seconds, slowly return to start position and repeat.



Front Lunge Reach

Start: Stand with feet hip width apart. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with knees slightly bent.

Finish: Slowly step forward with one leg, lift back heel off floor and bend knees, while straightening arms downward and forward over front leg and bending forward slightly at the hips. Keep wrists firm and abdominal muscles tight with head above shoulders and knees aligned with feet and hips. Hold 1–2 seconds, slowly straighten legs, return to start position and repeat with opposite leg.



Front Lunge Press

Start: Stand with feet hip-width apart. Step forward with one leg, lift back heel off floor and bend knees. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with front knee over toes and back knee off floor.

Finish: Slowly straighten legs, push upward and backward off front leg to standing upright position while straightening arms directly over head. Keep wrists firm and abdominal muscles tight with head above shoulders and knees aligned with feet and hips. Hold 1–2 seconds, slowly step forward, bend legs, return to start position and repeat with opposite leg.



Diagonal Lunge Lift

Start: Stand with feet slightly wider than shoulder width apart, bend one knee while keeping opposite leg straight and feet flat on floor. Hold one handle in each hand with arms straight and ball directly above foot of bent leg. Keep back straight, hips and shoulders square and bend forward at the hips.

Finish: Slowly raise arms forward and upward over opposite side shoulder while straightening leg and rotating at the waist in the same side direction. Keep wrists firm, arms straight and abdominal muscles tight, with head, shoulders and hips aligned. Hold 1–2 seconds, slowly return to start position and repeat.



Side Lunge Press

Start: Stand with feet slightly wider than shoulder width apart. Hold one handle in each hand with arms bent and ball close to body at chest height. Keep hips and shoulders square with knees slightly bent.

Finish: Slowly straighten arms directly in front of chest to one side of body while rotating at the waist and bending same side knee. Keep wrists firm, abdominal muscles tight, opposite side leg straight with head and shoulders aligned. Hold 1–2 seconds, slowly straighten leg, return to start position and repeat in opposite direction.