

# Focus on Programme on a Plate

## SPRI PILATES DOUBLE XERTUBE®

**SPRI PILATES  
DOUBLE XERTUBE**  
is featured in our  
“Focus On New  
Products” section



### USEFUL SET UP TIPS

Secure the Pilates Double Xertube® around each foot. When positioned correctly the tubing should create an X in the middle with one triangle above each leg.

### EXERCISE TIPS

- Perform each exercise through a full range of movement which is pain free for your body.
- Perform equal number of repetitions with the arms and the legs to avoid the development of muscle imbalances.
- Do the exercises in a slow and controlled manner.
- Avoid straining or holding breath whilst performing the exercises.
- Always keep the abdominal muscles tight when performing the exercises
- Consult your doctor before beginning any type of exercise program.
- Always check your equipment before use.

**Yellow tube = Beginners**

**Green tube = Intermediate**

**To find out more about the  
Spri Pilates Double  
Xertube please book your  
place on the Workshop in  
May. Details opposite.**

## EXERCISES



### SIDE LEG SERIES

#### Start

Make sure that the cuffs are secure around each foot. Grasp handles in both hands and turn on to your side in a neutral position keep both feet pointed. Bring handles up to greater trochanter. Keeping shoulders in alignment.

Keep the head and spine long and lengthened throughout, rib hips connected abdominals switched on.

Inhale to prepare for the movement, keeping the body in good alignment. Exhale to lift the top leg up in line with the shoulder.

#### Finish

Inhale at top. Exhale and lower the top leg down to the bottom leg whilst maintaining good alignment through the body.

Reps 8 -12 on each side



### BACK ROWING OPEN ELBOW

#### Start

Make sure that the cuffs are secure around each foot. Place each handle at the crease of the elbow. Sit in a good neutral position (use block if required) Legs are straight knee caps towards the ceiling. Feet are pointed. Elbows are flexed, elbows are in line with shoulders in front of chest. Palms are facing chest. Shoulders stabilised.

Inhale to prepare for the movement, keeping the body in good alignment. Exhale and move the elbows out to side (palms facing ears) to be in line with the shoulders.

#### Finish

Inhale to prepare for the movement, keeping shoulders stabilised. Exhale and return elbows to front of chest to be in line with the body so palms are facing the chest. Make sure that the body stays in good alignment throughout the exercise.

Reps 8 -12



### LIFT AND LOWER FEET PARALLEL

#### Start

Make sure that the cuffs are secure around each foot. Grasp the handles in each hand palms down to the floor arms are long. Supine imprinted position, feet are gently pointed and parallel. Lower the legs down as long as can maintain an imprinted position.

Inhale to prepare for movement make sure there is good body alignment. Abdominals are connected, hinged legs towards chest to lengthen hamstrings.

Exhale to imprint spine then hinge legs away from body to where you can maintain imprint.

#### Finish

Inhale holds the position and maintains good alignment. Exhale keep abdominals connected and draw legs back towards the body whilst maintain imprint.

Reps 6 - 8



### ROLL BACK WITH BICEP CURL

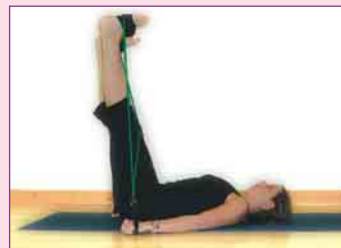
#### Start

Make sure that cuffs are secure around each foot. Grasp each handle so palms are facing the body. Sit in a good upright neutral position. Legs are straight with knees facing the ceiling, feet are pointed. Elbows are close to the side of the body. Inhale to prepare for the movement, keep shoulders stabilised. Exhale initiate rolling ASIS away from the femur and flex lumbar spine as long as abdominals remain flat. At the same time draw hands towards the shoulders and return hands to side of body.

#### Finish

Inhale and hold the position.

Exhale initiate with the abdominals and sequentially roll up through spine and lift up tall at the end to lengthen the spine in sitting.



### ADDUCTOR STRETCH

#### Start

Make sure that the cuffs are secure around each foot, grasp the handles in each hand, arms are long by the sides of the body. Supine imprinted position, feet flexed, legs straight at a 90 degree angle at the hips. Inhale to prepare for movement. Exhale to abduct the legs wide as far as comfortable whilst maintaining abdominal connection.

#### Finish

Inhale and hold the position. Exhale adduct the legs together, whilst maintaining pelvic stability, working both the legs at the same time.



### ABDOMINAL PREPARATION

#### Start

Make sure the cuffs are secure around each foot. Grasp the handle in each hand. Arms are long by the side of the body. Supine neutral position (imprint if can not maintain neutral) Legs are at 90 degrees and toes are pointed shoulders stabilised.

Inhale to prepare for movement. Exhale contraction of the abdominals (curl up lifting head & shoulders off floor) will flex the thoracic spine and press down through the palms of the hands towards the floor.

#### Finish

Inhale and hold the position. Exhale and lower the upper body to the ground and lift hand up about 2 inches.