



Pilates Toning Ring

CAUTIONS

- As a warm-up before each exercise session, perform each selected exercise 3–5 times without the Pilates Bar.
- 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.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. 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.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Pilates Bar exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

1. BOAT POSE



Lie on your back on a mat with the Toning Ring in one hand. Bend your knees over your hips. Lift your feet off the mat, extending your legs and lifting your upper body off the mat. Secure the ring just above your ankles as shown, then reach your hands up at

an angle so they are parallel with your legs. Try to maintain a V-shape with your torso and legs. Pulse the ring 8-10 times, then roll back down to a mat, bending your knees over your hips. Rest and repeat.

2. LEG PRESS



Lie on your side on a mat with the Toning Ring secured just above your ankles as shown. Position elbow of bottom hand directly below shoulder on the floor and hand of top arm on

top hip with elbow bent. Pulse the ring 8-10 times, rest, and repeat. Switch to the other side and do the same number of repetitions.

3. ARM PRESS



Sit cross-legged on a mat, pulling your abs in and dropping your tailbone to the floor. Grasp the Toning Ring in your hands as shown and extend your

arms out straight in front of you. Pulse the ring 8-10 times, lower arms, rest, and repeat.

4. THIGH PRESS



Lie on your back on a mat with your knees bent and feet flat on the floor, hip-width apart. Position the Toning Ring between your thighs just above

knees as shown. Use abdominals to lift your pelvis up into bridge position. Pulse the ring 8-10 times, lower your pelvis back down to mat, rest, and repeat.