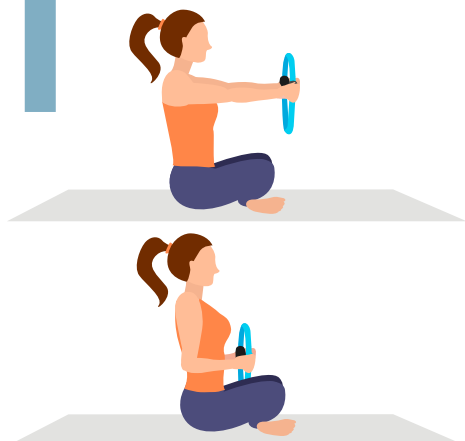


# PILATES TONING RING

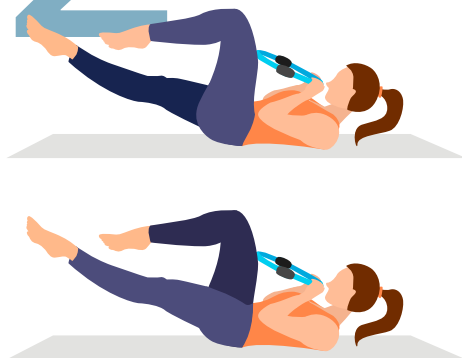
## Workout Guide



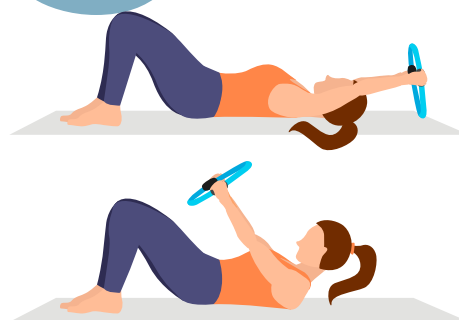
### 1 Seated Ring Squeeze



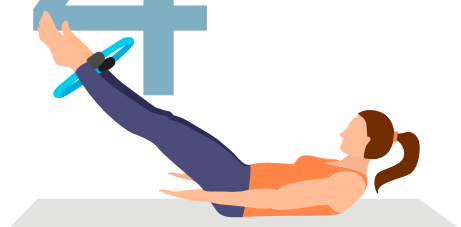
### 2 Single Leg Stretch



### 3 Teasers



### 4 The Hundred



### 5 Side-Lying Ring Press



### 6 Side Legs Press



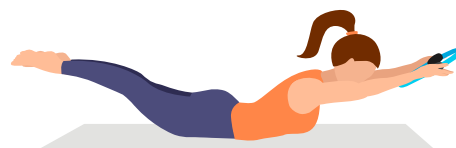
### 7 Squats



### 8 Arms Press



### 9 Back Extensions





# PILATES TONING RING

## Quick Start Guide



### Benefits

- Workout can easily be done at home.
- Helps to build and strengthen muscles deeply.
- Tone and slim your body, gently.
- Adds to upper body stability and improves your balance.
- Allows you to target multiple body areas. Vary your fun by switching up your training sessions: Arms / Chest / Hips / Glutes / Thighs / Calves.
- Easy to store, so you can take it with you anywhere, anytime!

### How To Use?

#### 1 Clear your space

The room itself should have plenty of space to accommodate sweeping leg and arm movements. It's also recommended to use a mat to cushion your connection with the floor.

#### 2 Warm up exercises

To begin your warm-up do 5 minutes of light (low intensity) physical activity such as walking, jumping or stretching on the spot. Do until your body starts to feel warm and ready to work out.

#### 3 During the workout

If you are a beginner, make sure movements are slow and careful until you feel comfortable with the workouts.

#### 4 Cool down & Stretch

After workout, slow down your movements gently for a few minutes, until your heart rate slows and your breathing normalises.

### Storage and Care



Using a damp cloth, hand wash your Pilates Ring with mild soap and water.



Do not use any strong or abrasive cleaning products as these can deteriorate the ring.



Air dry your Pilates Ring but avoid drying and storing it near direct sunlight.

### Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!