

Pilates Ring Total Body Workout

Thank you for purchasing the Body Sport® Pilates Ring.

Before beginning your exercise program, it is important to warm up doing some whole body activities (i.e. walking) to prepare your muscles for the workout.

As in any exercise, control is key. Please read these instructions thoroughly before beginning. Be aware of your positioning throughout each exercise in order to gain maximum results using your ring.

Proper breathing is important to your exercise program. Exhale during the most difficult phase of each exercise.

Avoid squeezing the Body Sport® Pilates Ring beyond its capacity. Never attempt to compress the ring to 100% compression.

Discontinue any exercise that is uncomfortable or causes you any pain.



Seated Press

Position yourself with your back up against a wall and your feet firmly planted on the floor. Slide your torso down the wall until you are in a position as if you are seated on an imaginary chair. Reposition your feet so that your knees do not extend beyond your toes and your hips do not fall below your knees. Place the handles of the ring just above the knees, being sure to firmly grasp the ring. Exhale as you contract your abdominals and press the ring between your legs. Pause and return to "seated" position without tension.

Repetitions: 5 - 15



Pectoral Press

Position yourself with your back up against a wall and your feet firmly planted on the floor. Slide your torso down the wall until you are in a position as if you are seated on an imaginary chair. Reposition your feet so that your knees do not extend beyond your toes and your hips do not fall below your knees. Grasp the ring by the handles at chest height with elbows slightly bent. Exhale while you contract your abdominals and press the ring between your hands. Pause and return to "seated" position without tension.

Repetitions: 5 - 15



Upper Torso Lift

Lie on your back with your knees bent and feet slightly apart. Place one handle of the ring behind your head and firmly hold the ring with elbows pointed toward the knees. Contract your abdominals and exhale as you slowly raise the upper torso off the floor as a unit. Keep your head up and chin forward.

Advanced: Reposition your hands so that your elbows extend out parallel to your ears while performing this exercise.

Repetitions: 5 - 15



Oblique Reach

Lie on your back with your knees bent. Grasp the ring at one handle with your left hand and place the ring on your inner right thigh. Position your right hand behind your head with the elbow out to the side. Lift your heels off of the ground. Exhale as you bring your right elbow up and cross it towards your left hand, lifting your head, neck and shoulders off the ground. Pause and slowly return to starting position. Repeat this exercise for the other side.

Repetitions: 5 - 10 per side



The Bow

Lie face down on a mat with the ring positioned between your ankles and your legs bent. Place your arms at your sides, with your palms facing inward. Exhale as you contract your abdominals and lift your head and shoulders off of the mat, reaching your fingers down your sides in a slow and controlled manner. Inhale as you slowly return to the starting position.

Repetitions: 5 - 10



Hip Adductor Press

Lie with your back on a mat and your arms along your side, palms down. Position your hips and knees at a 90° angle with the ring between your upper thighs. Exhale and press the ring. Inhale and while maintaining tension on the ring, perform five small pulses. Return to the starting position.

Repetitions: 5 - 10



Side Lift

Lie on your side with your right palm positioned on the floor for support. Position the ring between your ankles. Lean slightly forward, so as to take any tension off of your lower back. Bend your left arm and rest your head on your hand for support. Exhale as you contract your abdominals and lift your legs upwards. Inhale as you slowly return to starting position. Repeat this exercise on the other side.

Repetitions: 5 - 10 per side



Hamstring Press

Lie face down on a mat with one leg extended and the other bent at the knee. Place one handle of the ring behind your heel and the other just below the buttocks. Lift the bent leg slightly off the floor. Place your palms down with your forehead resting on your hands. Exhale. Bend the knee further while pressing your heel toward the floor. Inhale. While maintaining pressure on the ring, perform five small pulses. Return to the starting position. Repeat this exercise for the other leg.

Repetitions: 5 - 10 per side



Shoulder Adductor Press

Kneeling on a mat, hold the ring in one hand at the handle and rest the other handle against your side. Maintain a slight bend in the elbow and rotate your shoulder backward slightly. Exhale as you press your hand toward your side. Inhale. While maintaining pressure on the ring, perform five small pulses. Return to the starting position. Repeat this exercise on the other side.

Repetitions: 5 - 10 per side



Bicep Press

Kneeling on a mat, place one ring handle on your left shoulder and grasp the other handle with your left hand. Exhale. Press your hand down toward the shoulder. Inhale. While maintaining tension on the ring, perform five small pulses. Return to starting position. Repeat this exercise on the other side.

Repetitions: 5 - 10 per side



SAFETY PRECAUTIONS: As with any exercise program, consult a physician or medical professional before beginning a workout routine and follow their advice. Body Sport® Pilates Rings are to be used by adults or, if under the age of 18, only with adult supervision. Read following precautions before any use.

Exercise programs of any kind pose an inherent risk of serious injury or death to the participant. Use proper techniques and common sense such as:
 • Always use the ring in an open space that is designed for exercising.
 • Check your equipment thoroughly and inspect for cracks, nicks, cuts, etc. Keep away from sharp objects. If any defects are found, discontinue use.

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