



PILATES RING

Clear Your Space

Make sure you have enough room to reach out in all directions.

Warm Up

Take a few minutes to move around and do some basic exercises like jumping jacks or stretches. Do this until your body starts to feel warm and ready to work out.

During The Workout

Check out our exercise ideas on page 2 or check Youtube for other moves. If you are a beginner, make sure your movements are slow and careful until you feel comfortable performing the workouts

Cooldown

Slow down your movements gently until your heart rate slows and your breathing normalizes

Stretch

Always stretch after your workout to avoid injury and relieve soreness.



WARNING: It is recommended that you consult with a physician before beginning any new exercise routine.



PILATES RING



THE HUNDRED



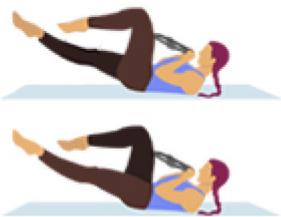
SIDE-LYING RING PRESS



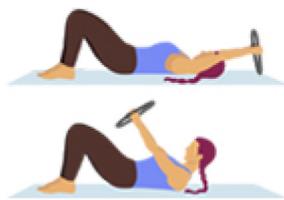
SIDE LEG STRETCH



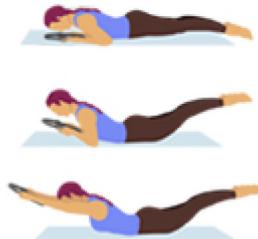
SEATED RING SQUEEZE



SINGLE LEG



TEASERS



BACK EXTENSIONS



STANDING ARM PRESS



SQUATS



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