

**core**  
balance®

# How to get the best results from your Pilates Ring



Exercise guide for Core Balance Pilates Ring

## Please read these instructions prior to use.

- ◆ Pilates Rings are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using a Pilates Ring.

## Product Specific Safety

- ◆ Before use, ensure that the Pilates Ring is in a safe operating condition. Inspect item for any signs of wear and tear. If damage is apparent, do not use the items.
- ◆ Do not attempt to repair any damages.

## Pilates Ring - Dos and Don'ts

- ✓ Do keep your back straight when using the ring. Exerting pressure with an arched back could strain it.
- ✓ Do always breathe in when you're relaxed and breathe out when exerting pressure.
- ✗ Do not try to fully compress the ring.
- ✗ Do not try to compress the ring with your neck or head.
- ✓ Do always maintain control of the Pilates Ring.
- ✓ Do perform exercises in a slow and controlled manner.
- ✓ Do avoid excessive tension in the neck and shoulders.

## Using the Pilates Ring

The Pilates Ring is a flexible prop with two foam handles that are typically held between your hands or thighs. When compressed, it pushes back to create moderate resistance. The pressure exerted helps to strengthen your core and tone a wide range of muscle groups.



## Exercises

The following exercises range in difficulty and are a perfect introduction to the Pilates Ring.

### Pectoral & Tricep Workout

This is the exercise most commonly associated with the Pilates Ring. It's a great way to firm up your pectorals and triceps.

1. Stand with your feet flat on the floor and shoulder width apart.
2. Place your hands on the ring with your arms stretched out in front of you.
3. Gently press your hands together to compress the ring and then relax.
4. Do 2 to 3 sets of 10 repetitions with a 20 second rest between each set.



## Shoulder, Bicep & Ab Workout

A highly effective way to target your shoulders, biceps and abs.

1. Stand with your feet flat on the floor and shoulder width apart.
2. Place one side of the ring against the right side of your torso with your left hand on the other side of the ring. It should be positioned just above your hip.
3. Gently press the ring with your left hand and then relax.
4. Do 2 to 3 sets of 10 repetitions with a 20 second rest between each set.
5. Once completed, switch sides so the ring is placed against the left side of your torso.





## Thigh Workout

Compress the Pilates Ring between your calves to tone your thighs and adductors.

1. Lie on an exercise mat with your arms beside you and your legs raised.

2. Ensure your legs are bent at the knees in a right angle position. This is the same position your legs would be in if you were sitting on a chair.

3. Place the ring between your calves so that they're pushing lightly against the handles.

4. Use your legs to gently compress the ring and then relax them.

5. Do 2 to 3 sets of 10 repetitions with a 20 second rest between each set.



## Bridge with Outer Ring

A great way to work your glutes, hams and lower back.

1. Lying on your back, thread both feet through the Pilates ring so that the pads are just above the knees on the outside of your thighs.
2. Bend your knees and ensure that both feet are flat on the floor, wider than hip-width apart. Your knees and ankles should be in line.

3. Lift your pelvis off the floor by driving your hips as high as possible into a bridge position. As you do so, press out on the Pilates ring.



4. Return to your starting position. Start with 2 to 3 sets of 10 reps and increase the number as your ability improves.



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[www.corebalancefitness.co.uk](http://www.corebalancefitness.co.uk)

