

STOTT PILATES®

Fitness Circle®

resistance ring exercises

Includes
15 Exercises:

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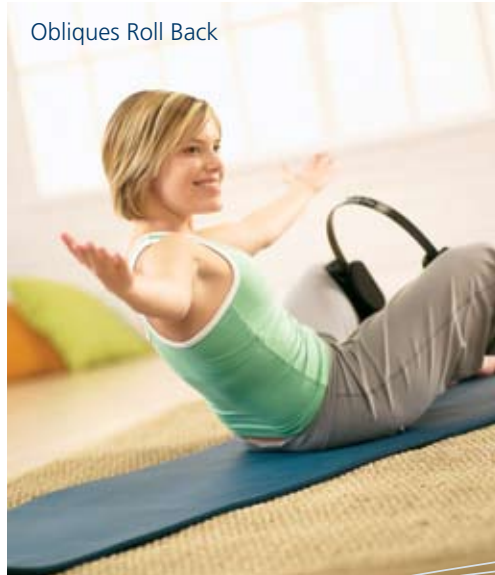
The Fitness Circle® can provide variety and challenge to Matwork exercises. Placed in the hands, it can bring more awareness to shoulder area. Squeezing the circle between the knees or ankles engages the inner thighs which will, in turn, ensure activation of the deep support muscles of the torso. This simple tool will also build endurance in the arms, legs and torso throughout a workout.

EXERCISES CAN BE PERFORMED
WITH EITHER THE FITNESS
CIRCLE LITE OR PRO MODEL
RESISTANCE RINGS.

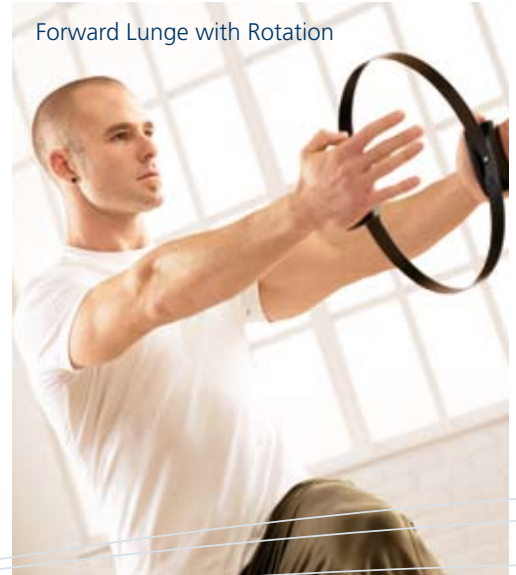
Single Leg Stretch



Obliques Roll Back



Forward Lunge with Rotation



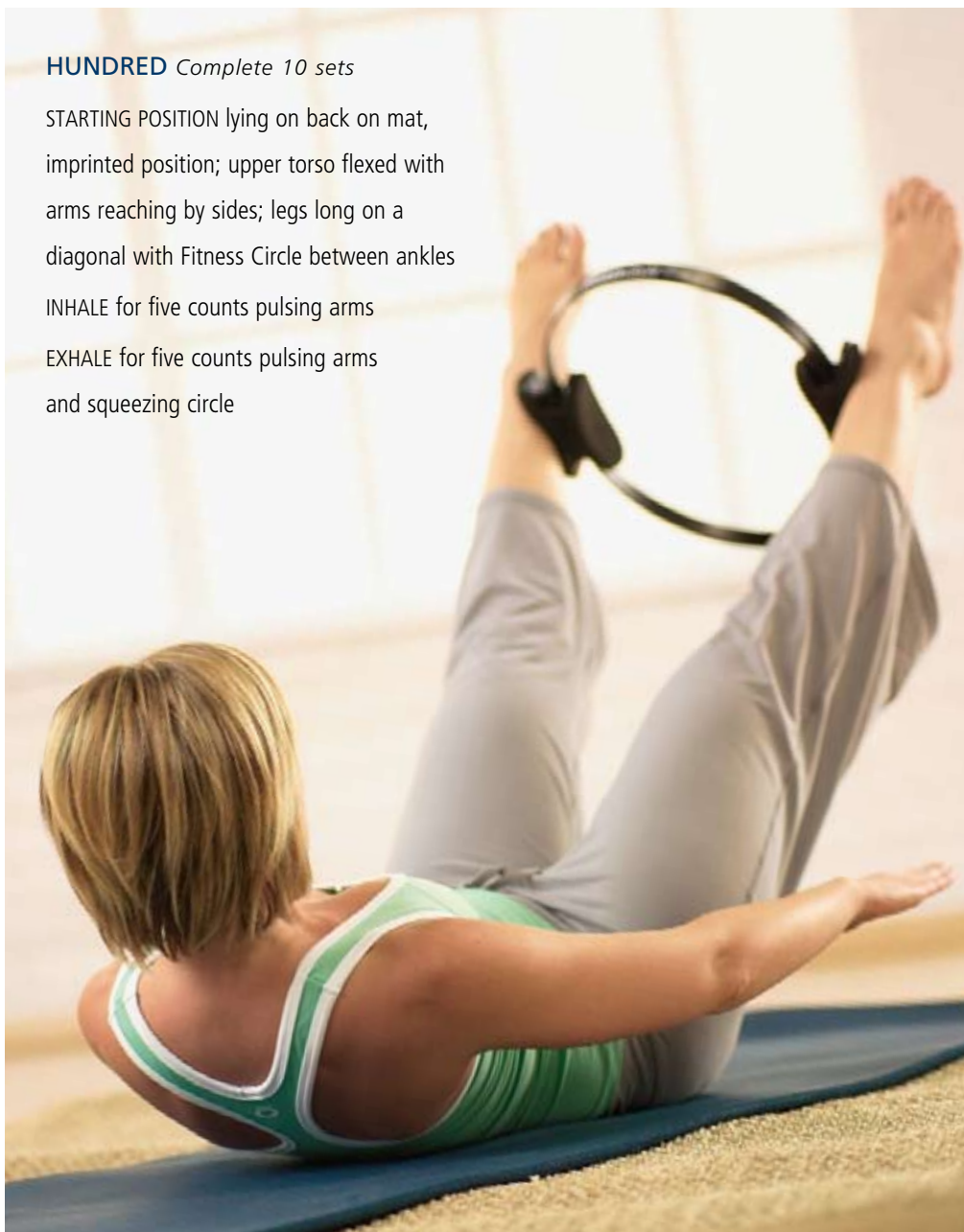
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HUNDRED Complete 10 sets

STARTING POSITION lying on back on mat, imprinted position; upper torso flexed with arms reaching by sides; legs long on a diagonal with Fitness Circle between ankles

INHALE for five counts pulsing arms

EXHALE for five counts pulsing arms and squeezing circle



ROLL UP Complete 5-8 repetitions

STARTING POSITION lying on back on mat; legs long and together, holding Fitness Circle with arms overhead

INHALE reach circle up toward ceiling

EXHALE roll up off mat reaching circle toward feet

INHALE start to roll back

EXHALE roll all the way down to mat with circle overhead

AB PREP Complete 5-8 repetitions



STARTING POSITION lying on back on mat; feet shoulder-distance apart, Fitness Circle between thighs; spine in a neutral position, neither arched nor flat
INHALE to prepare and nod head slightly

EXHALE curl upper body off the mat without pressing lower back into mat and squeeze circle

INHALE lower body to mat and release pressure on circle



SINGLE LEG STRETCH *Complete 5-8 repetitions on each leg*

STARTING POSITION Lying on back on mat, imprinted position, upper torso flexed; legs in tabletop position (knees bent in air), holding Fitness Circle up toward ceiling; INHALE to prepare EXHALE keep upper torso lifted and reach one leg out on diagonal INHALE begin to switch legs EXHALE extend other leg out on diagonal



ROLLING LIKE A BALL

Complete 5-8 repetitions

STARTING POSITION seated on mat, just back of sit-bones; spine rounded, knees flexed with feet off the mat; holding Fitness Circle with arms reaching forward

INHALE increase curve in lower spine and roll back onto shoulders

EXHALE roll forward to balance

HALF ROLL BACK

Complete 5-8 repetitions.



STARTING POSITION seated on mat, feet shoulder-distance apart; Fitness Circle between thighs INHALE to prepare



EXHALE curve spine and roll back as far as possible while keeping feet on mat, and squeeze circle



INHALE return to starting position and release pressure on circle



LAT PRESS *Complete 5-8 repetitions on each side*

STARTING POSITION standing tall, feet hip-distance apart; one hand pressing Fitness Circle against outside of thigh; **INHALE** to prepare **EXHALE** keep arm long and press circle against thigh, rotating upper torso slightly toward that side **INHALE** return to center and release pressure on circle



OBLIQUES ROLL BACK

Complete 5-8 repetitions

STARTING POSITION seated on mat, spine as tall as possible; knees flexed with Fitness Circle between knees, arms reaching forward

INHALE to prepare

EXHALE curve lower back and rotate torso to one side, reaching that arm back

INHALE return to front reaching arm forward

SPINE STRETCH FORWARD *Complete 5-8 repetitions*



STARTING POSITION seated on mat with legs stretched out in front (sit on a cushion or phone book, or bend knees to sit up as straight as possible); hands on top of Fitness Circle **INHALE** to prepare

EXHALE starting from the top of the head, bend forward and press circle down with hands; keep shoulders away from ears

INHALE return to starting position, lifting head last, and release tension on circle

SIDE LEG LIFTS

Complete 5-8 repetitions



STARTING POSITION side-lying in a straight line with head resting on bottom arm; Fitness Circle standing on floor with both feet inside circle; INHALE to prepare



EXHALE tighten abdominals and press top ankle against circle



INHALE release tension on circle



SPINE TWIST

Complete 5-8 repetitions

STARTING POSITION seated on mat, spine as tall as possible; legs crossed; arms reaching forward holding Fitness Circle

INHALE to prepare

EXHALE rotate torso to one side, flex elbows and squeeze circle

INHALE stay

EXHALE return to front reaching arms forward



FORWARD LUNGE WITH ROTATION

Complete 5-8 repetitions

STARTING POSITION standing tall, feet hip-distance apart; holding Fitness Circle in front of torso with elbows flexed; INHALE to prepare EXHALE lunge forward rotating torso toward front leg and reach arms out INHALE return to starting position

TRICEP PRESS *Complete 5-8 repetitions*

STARTING POSITION standing tall, feet hip-distance apart; holding Fitness Circle behind back with elbows flexed

INHALE to prepare

EXHALE extend elbows and squeeze circle

INHALE flex elbows and release pressure on circle



SCISSORS *Complete 5-8 repetitions*

STARTING POSITION lying on back on mat, imprinted position; upper torso flexed; legs long reaching up to ceiling; holding Fitness Circle up toward ceiling

INHALE to prepare

EXHALE keep upper torso lifted and scissor legs, reaching one leg toward torso, other leg away

INHALE begin to switch legs

EXHALE scissor other leg toward torso, opposite leg away

HEEL SQUEEZE PRONE *Complete 5-8 repetitions*



STARTING POSITION lying on stomach on mat with hands under forehead; knees bent shoulder-distance apart; Fitness Circle between ankles
INHALE to prepare



EXHALE tighten abdominals and squeeze circle between ankles



INHALE release tension on circle

Warranty, Care & Usage for Fitness Circle® Lite Resistance Ring

The STOTT PILATES Fitness Circle® Lite resistance ring is ergonomically designed to facilitate a large number of Matwork exercises. Use in conjunction with the complete line of Fitness Circle videos and Comprehensive Matwork Manual to engage deep core muscles and target and tone abs, inner and outer thighs, arms, and buttocks.

WARRANTY

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CARE & CLEANING

If necessary, clean the plastic surfaces of the Fitness Circle Lite resistance ring with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt. Ensure cleaner used does not make surfaces slippery. Do not use corrosive cleaning products on the foam grips.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

SAFETY & USAGE

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Fitness Circle Lite resistance ring at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not attempt to fully compress ring.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only for intended exercises.
- Do not place Fitness Circle Lite resistance ring around your neck or try to compress ring with head or neck.

Discover more Fitness Circle® exercises...



Add variety and achieve lasting results with STOTT PILATES' comprehensive DVD collection and full line of innovative equipment.

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