

CORE

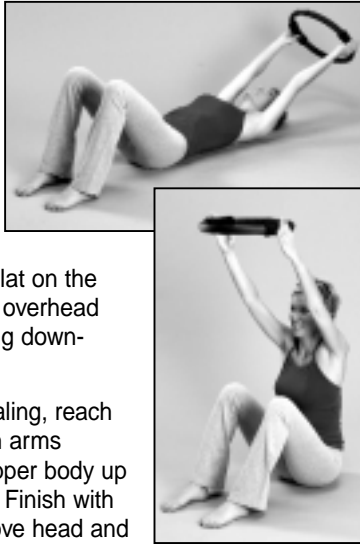
Sit Up

Start:

Hold outside pads lightly with tips of fingers. Lie on back with legs bent and feet flat on the floor. Extend arms overhead with thumbs pointing downward.

Finish: While exhaling, reach up and forward with arms straight, bringing upper body up to a sitting position. Finish with hands elevated above head and the ring above knees. Keep arms straight, feet on the floor, and abdominal muscles tight. Slowly return to start position.

Modification: To decrease difficulty, bend arms and position ring above chest.



Full V-Up

Start:

Hold outside pads lightly between palms of hands. Lie on back with legs straight, toes pointed, and feet together. Extend arms overhead with thumbs pointing downward.

Finish: While exhaling, reach up and forward with arms straight, while simultaneously lifting legs straight upward. Finish with hands elevated above head, ring above hips and the body in a "V" position. Keep back and legs straight with abdominal muscles tight. Slowly return to start position.

Modification: To decrease difficulty, bend legs and arms, and position ring above chest.



EXERCISE INSTRUCTIONS

- Perform 5-10 minutes of rhythmic movement warm-up activities before each exercise session.
- Complete 1-3 sets of 5-10 repetitions of each exercise selected.
- Rest a minimum of 30-60 seconds between each exercise set.
- Perform an equal number of exercise repetitions with each exercise for each body region (upper, lower, core) to avoid the development of muscle imbalances.
- If unable to complete (5) exercise repetitions, rest for a longer period of time between exercise sets or eliminate using the Pilates Power Ring™ for the remaining repetitions.

-OR-

- If unable to achieve moderate to maximal muscular fatigue following the completion of (10) exercise repetitions, rest for a shorter period of time between exercise sets.
- Perform each exercise a maximum of 2-3 times per week for optimal results.
- Allow 24-48 hours of complete rest between each Pilates Power Ring™ exercise session.

Call our toll-free number or visit our website for more information on SPRI® Products or to receive your SPRI® catalog.

**SPRI® Products, Inc.
1600 Northwind Blvd.
Libertyville, IL 60048
800-222-7774**

www.spriproducts.com

SPRI is a registered trademark of SPRI Products, Inc.
Pilates Power Ring is a trademark of SPRI Products, Inc.

SPRI®

PILATES POWER RING™

INSTRUCTION CHART

Developed by Melissa Walker

IMPORTANT!

Please read the instructions below prior to using the Pilates Power Ring™!

- Avoid squeezing the Pilates Power Ring™ beyond its capacity. DO NOT attempt to press the ring together!
- Always perform general warm-up activities prior to performing Pilates Power Ring™ exercises.
- Perform only the exercises as shown in this chart, or other SPRI® informational resources.
- Mimic each exercise 1 to 2 times without the Pilates Power Ring™ to insure correct form and technique.
- Perform exercises in a slow and controlled manner.
- Keep abdominal muscles tight while performing exercises.
- Avoid straining or holding breath while performing exercises. Keep exhale breathing long and controlled.
- Perform exercises with bent, versus straight legs for increased comfort to the spine.
- Discontinue any exercise that is uncomfortable or causes pain.
- Consult your physician before beginning any type of exercise program.

UPPER BODY

Chest Squeeze

Start: Hold outside pads between palms of hands. Sit on floor with legs bent, back straight, and feet together flat on the floor. Extend arms in front of chest with elbows slightly bent and thumbs pointing upward.

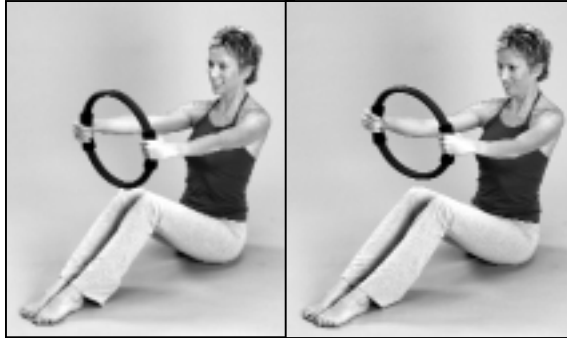
Finish: While exhaling, firmly press hands inward and squeeze chest. Keep wrists firm, back straight, and abdominal muscles tight. Slowly release squeeze and return to start position.



Pull Out

Start: Hold inside pads with thumbs and tips of fingers. Sit on floor with legs bent, back straight, and feet together flat on the floor. Extend arms in front of chest with elbows straight and palms of hands facing inward.

Finish: While exhaling, pull ring outward, bend elbows slightly, and squeeze shoulder blades together. Keep wrists firm, back straight, and abdominal muscles tight. Slowly release pull and return to start position.



Pull Down

Start: Hold inside pads with thumbs and tips of fingers. Sit on floor with legs bent, back straight, feet together flat on the floor. Extend arms directly above head with palms facing inward.

Finish: While exhaling, pull ring outward, bend arms, and pull down until ring is slightly above head. Keep elbows bent, wrists firm, back straight, and shoulder blades squeezed down and together. Slowly release pull, straighten arms, and return to start position.



LOWER BODY

Thigh Squeeze

Start: Position ring between knees with inside of knees along outside pads. Lie on back with legs bent, feet flat on floor hip width apart, and arms straight on floor away from sides of body.



Finish: While exhaling, press knees inward and squeeze inner thighs. Keep feet and arms on the floor with buttocks and abdominal muscles tight. Slowly release squeeze and return to start position.

Thigh Squeeze-Hips Up

Start: Position ring between knees with inside of knees along outside pads. Lie on back with legs bent, feet flat on floor hip width apart, and arms straight on floor away from sides of body. Lift hips off the floor slightly.



Finish: While exhaling, press knees inward, and squeeze inner thighs and buttocks. Keep hips lifted, feet and arms on the floor with buttocks and abdominal muscles tight. Slowly release squeeze and return to start position.

Note: Lower hips to floor between exercise repetitions to decrease difficulty.

Thigh Squeeze - Leg Lift

Start: Position ring between knees with inside of knees along outside pads. Lie on back, with legs bent, feet flat on floor hip width apart, and arms straight on floor away from sides of body. Lift hips off the floor slightly while lifting and straightening one leg.



Finish: While exhaling, press knees inward and squeeze inner thighs and buttocks. Keep hips and leg lifted, one foot and both arms on the floor, with buttocks and abdominal muscles tight. Slowly lower hips and leg, release squeeze, and return to start position.

Note: Bend leg and lower hips and foot to floor between exercise repetitions to decrease difficulty.