

Dates: _____
 Week #: _____

Training Journal

Before using your Fitness Journal, make copies for future use.

Today's Focus: Upper Body Lower Body Abs

DAY 1:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="checkbox"/> No <input type="checkbox"/>	Walking	30	2 miles	Fitness Ring Tricep Extensions	15 Reps	16 Reps	10 Reps
Stretching?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Cool Down?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 2:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Stretching?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Cool Down?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 3:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Stretching?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Cool Down?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 4:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Stretching?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Cool Down?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							

Today's Focus: Upper Body Lower Body Abs

DAY 5:		CARDIO WORKOUT			STRENGTH TRAINING		
Warmup?	Activity	Minutes	Distance	Exercise	Set 1	Set 2	Set 3
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Stretching?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							
Cool Down?							
Yes <input type="checkbox"/> No <input type="checkbox"/>							



Bally Total Fitness®

Fitness Ring For Pilates

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT
 Before use, check for wear or damage to the Fitness Ring for Pilates. If your product is worn or damaged, do not use. You may return it to our Customer Service Department and we will send you a replacement product. This is not a toy. Keep out of reach of children.
 Return to: Sports & Leisure Customer Service,
 4 Executive Plaza, Yonkers, NY 10701

IMPORTANT

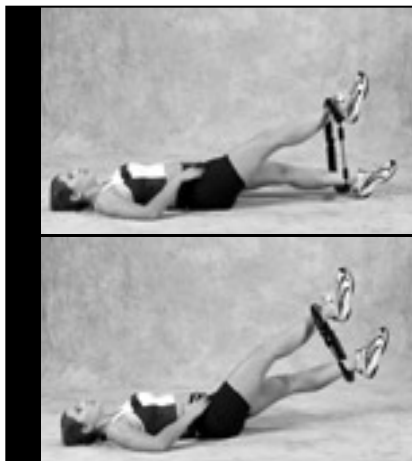
- Exercises should be done in a slow and controlled manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

INSTRUCTIONS

- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform movements with confidence. Then begin exercising with product.
- Perform 1–2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30–60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetitions and slowly work your way up to a desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

Canada: StarCase Canada, Inc., 2616 Sheridan Garden Dr., Oakville, Ontario L6J 7Z2
 United Kingdom: StarCase (UK) Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK
 United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

ABDOMINAL LEG LIFT Muscles Utilized: Abdominals



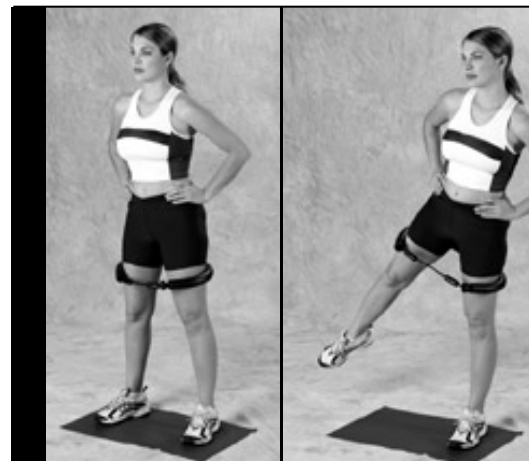
Begin by lying on your back (a mat may be used for cushion). Place the Fitness Ring around both ankles, with your hands on your hips. Raise your right leg off the floor at a 45 degree angle.

Then raise both legs until the left leg is at a 45 degree angle to the floor. Hold for 4 seconds.

Finish by lowering both legs down to the floor, maintaining the right leg above your left.

Begin with 10-15 repetitions. Switch sides & repeat.

OUTER THIGH EXTENSION Muscles Utilized: Outer Thighs



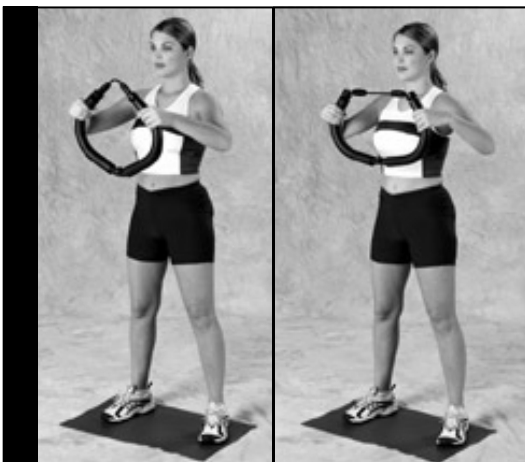
Begin by placing the Fitness Ring around your thighs, use your outer thighs to push out on the Fitness Ring securing it's placement throughout the exercise. Place feet on the mat in position C, hands on your hips for balance.

Start by shifting all of your weight to your left foot, raising your right leg out to a 45 degree angle, hold for 4 seconds.

Finish by lowering your right leg back down to the C position.

Begin with 10-15 repetitions. Switch sides & repeat.

BACK PULL Muscles Utilized: Upper Back



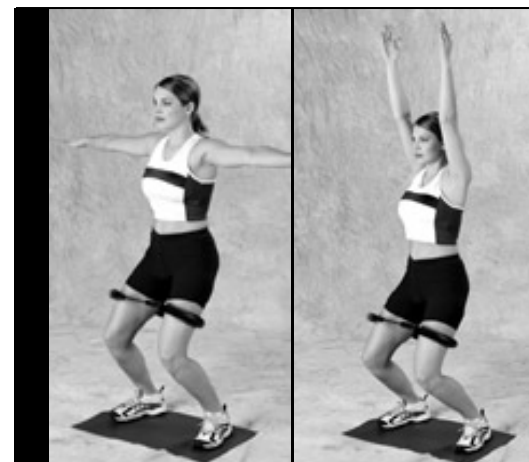
Begin with your feet on the mat in position D. Grip the Fitness Ring at the top near the resistance cords. Hold the Fitness Ring in front of you at chest level, with your arms bent.

Start by pulling the hands away from each other, pulling your arms out as far as you can.

Finish by releasing the tension, and moving back to the start position.

Begin with 10-15 repetitions. Repeat.

SQUAT Muscles Utilized: Quads, Buttocks and Outer Thighs



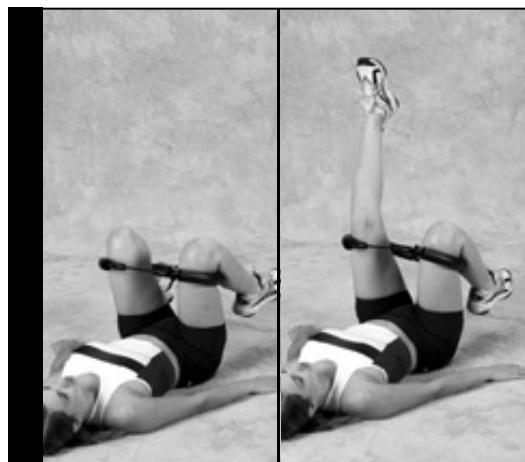
Begin by placing the Fitness Ring around your thighs, use your outer thighs to push out on the Fitness Ring securing it's placement throughout the exercise, feet on the mat in position C, bend at your knees to a comfortable stance. Keep both arms straight, extended out from your shoulders.

Start by slowly squatting down to a 90 degree angle. Do not let your knees bend over your toes. Lift both arms directly above the head while squatting down.

Returning to your comfortable stance with the arms extended out straight from the shoulders.

Begin with 10-15 repetitions. Switch sides & repeat.

ABDOMINAL LEG EXTENSIONS Muscles Utilized: Abdominals and Outer Thighs



Begin by lying on your back (a mat may be used for cushion). Place the Fitness Ring around both legs just above your knees. Use your outer thighs to push out on the Fitness Ring securing it's placement throughout the exercise. Place your hands at your side, palms resting on the floor. Raise your legs off the floor at a 90 degree angle.

Start by raising your left foot, extending your leg until it is straight.

Finish by lowering your left foot back to the starting position, at a 90 degree angle.

Begin with 10-15 repetitions. Switch sides & repeat.

TRICEP EXTENSION Muscles Utilized: Tricep



Begin with your feet on the mat in position B, placing the Fitness Ring on your left side with the resistance cable facing away from your body, gripping the top of the ring with your right hand and grip the bottom half with your left hand.

Start by pulling your left hand down away from your right hand, keeping your right hand in position, fully extend the left arm down.

Finish by releasing the tension with your left hand, slowly moving it back to the start position.

Begin with 10-15 repetitions. Switch sides & repeat.