

Fitness Ring for Pilates with DVD BF3435




Get the body you've always wanted. Tone and strengthen your body, without adding bulk, with the Fitness Ring for Pilates. The Fitness Ring allows you to target major lower and upper muscle groups with smooth and consistent muscle toning resistance. Improve the efficiency of your workout by using the foot position mat for optimal positioning. Working multiple muscles at the same time, the Fitness Ring for Pilates focuses on toning your biceps, triceps, shoulders; firming and forming your abs; and developing sleek, lean thighs and buttocks. The 20 minute training DVD will guide you through product use and an effective workout.



- Use just minutes a day.
- Foot position mat for efficient workouts.
- 6" extender cord for resistance adjustability.
- Soft touch grip for maximum comfort.
- 20 minute training DVD.
- Fitness Guide Included.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.