





SEATED OR STANDING CHEST PULL

Muscles Utilized: Rhomboid Muscles

	1 START Sit or stand with a straight spine, hold onto the Super Ring handles with elbows bent.
	2 END Pull hands apart as far as you can. Slowly release and repeat.

BOW POSE

Muscles Utilized: Erector, Pectorals and Gluteous Maximus

	1 START Lie on stomach, bend knees and place ring around your ankles. Reach back with both hands to hold onto the ring.
	2 END Inhale and lift thighs off the floor while pressing ankles into ring.



Super Ring for Pilates

Fitness Guide

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

- Always wear sneakers or some type of shoe with a non-slip sole surface.
- Exercises should be done in a slow and orderly manner.
- Always consult a physician before performing any physical activity. Drink plenty of fluids before, during and after exercising.

INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. Begin exercise 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 desired goal. If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions to your sets or select a product that provides a greater amount of resistance.

Canada: ACI/StarCase Canada, Inc., 2616 Sheridan Garden, 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

SIDE STRETCH

Muscles Utilized: Abdominals



1 START

Stand with feet hip width apart and parallel. Place forearms inside the handles of the ring. Raise arms overhead.



2 END

Inhale, then while exhaling, bend to the right side. Keep abdominal muscles contracted. Inhale, come back up, and repeat to the other side.

INNER THIGHS

Muscles Utilized: Abductor Muscles



1 START

Lie on your back with Super Ring between inner calves with legs extended.



2 END

Press legs as close together as you can. Slowly release and repeat.

SEATED OR STANDING CHEST PRESS

Muscles Utilized: Pectoral Muscles



1 START

Sit or stand with a straight spine, hold onto the Super Ring handles with elbows bent.



2 END

Press hands as close together as you can. Slowly release and repeat.

OUTER THIGHS

Muscles Utilized: Abductors and Gluteus Medius



1 START

Lie on your back with calves inside of Super Ring. Legs are extended.



2 END

Press legs apart as far as you can. Slowly release and repeat.