



Bally Total Fitness®

Starter Kit For Pilates

FITNESS GUIDE

CAUTION: READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

Before use, check for wear or damage to the ball and bands included with the starter kit 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.

Return to: Sports & Leisure Customer Service,
4 Executive Plaza, Yonkers, NY 10701

This is not a toy. Keep out of reach of children.

IMPORTANT

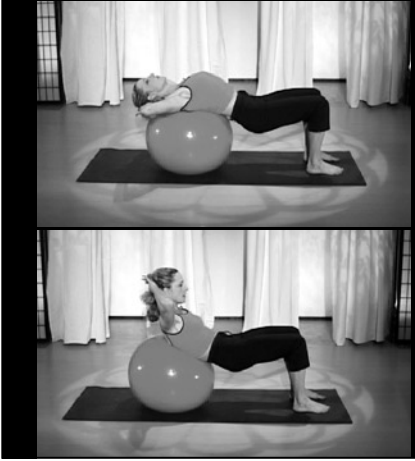
- Exercises should be done in a slow and controlled manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.

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 CURLS Muscles Utilized: Abdominals



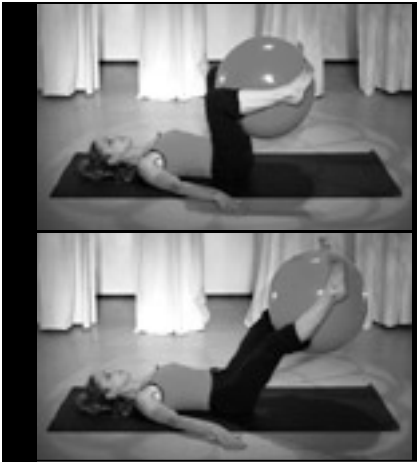
Begin with the back and shoulders resting on the ball, bring both hands behind the head for support. Feet flat on the floor shoulder width apart.

Start by keeping the pelvis lifted. Inhale and while exhaling, draw the navel firmly in towards the spine and lift the head up, bringing the rib cage towards the abdomen.

Finish by inhaling, and slowly lowering your shoulders and head back to the starting position.

Begin with 10-15 repetitions. Repeat.

INNER THIGH & AB STRENGTHENER Muscles Utilized: Abdominal & Inner Thigh



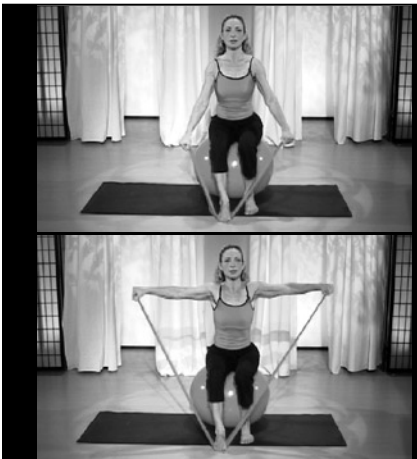
Begin by lying on your back (a mat may be used for cushion) with your feet lifted off the floor at a 90 degree angle. Place the ball between your feet ankles and shins. Squeeze the legs into the ball firmly and keep the abdominal muscles strongly engaged.

Start by inhaling and slowly straightening the legs 2 or 3 feet off the floor.

Finish by exhaling as you bring the knees back to the starting position.

Begin with 10-15 repetitions. Repeat.

LATERAL RAISES Muscles Utilized: Shoulders



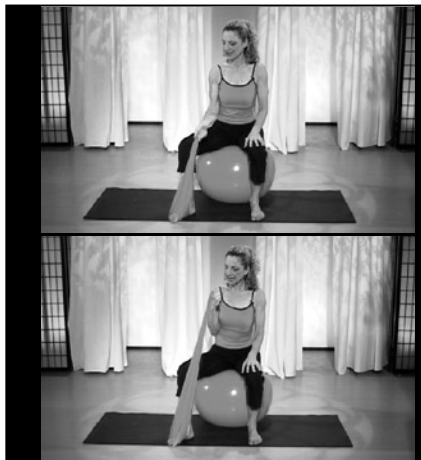
Begin by sitting on the ball. Place the center of the band underneath the right foot. Hold the ends of the band in each hand with the palms of your hands facing inward.

Start by inhaling, then exhale drawing the navel in towards the spine and raise the arms out straight to the sides.

Finish by inhaling and slowly lowering the arms back down to the starting position.

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

BICEP CURLS Muscles Utilized: Biceps



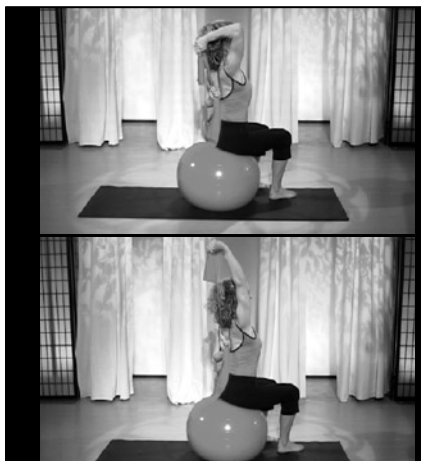
While sitting on the ball begin by placing the middle of the band under your right foot and hold onto both ends of the band with your right hand. Support yourself with your left hand on your left thigh and keep the abdominal muscles engaged.

Start by inhaling, then exhale, slowly bend the elbow and bring the palm of your hand up towards your shoulder.

Finish by inhaling and slowly lower the arm down to the starting position.

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

TRICEP EXTENSION Muscles Utilized: Triceps



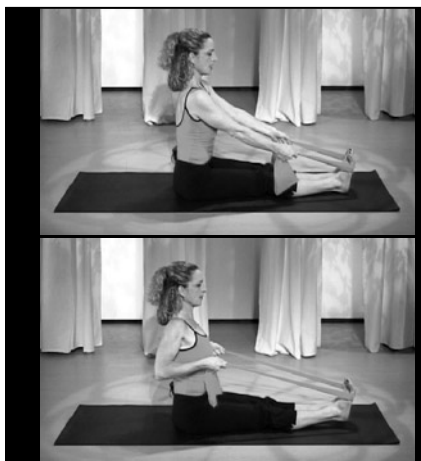
While sitting on the ball begin by holding the band in your right hand several inches from the end. Raise your elbow up and place the band over your right shoulder. Hold the free end of the band with your left hand behind your back.

Begin by keeping your right elbow lifted upwards, slowly straighten the right arm up.

Finish by slowly bending the arm back down to the shoulder.

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

SEATED ROW Muscles Utilized: Upper Back Muscles



Begin by sitting on the floor or mat and place the center of the band around the bottom of your feet. Straighten the legs and extend the arms, holding onto the band with each hand. Keep tension in the band.

Start by inhaling, then exhale, bending your elbows as you pull the arms and elbows back behind your sides.

Finish by inhaling, and slowly extending the arms back to the starting position.

Begin with 10-15 repetitions. Repeat.

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="radio"/> No <input type="radio"/>	Walking	20	2 miles	Ball & Band Tricep Extension	15 Reps		12 Reps
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

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="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

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="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

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="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							

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="radio"/> No <input type="radio"/>							
Stretching?							
Yes <input type="radio"/> No <input type="radio"/>							
Cool Down?							
Yes <input type="radio"/> No <input type="radio"/>							