

EXERCISE CHART PILATES RING



WARM UP

1. SEATED TORSO STRETCH



In a seated position with the legs out wide, hold the Ring using the outer contoured handles. With bent elbows, lift the Ring to chest height and turn the torso, maintaining a tall seated position throughout the movement. Return to start position and repeat on the other side. Gently squeeze the Ring throughout the whole movement.

2. ROLLING



In a seated position, place the outer contoured handles of the Ring between the legs (on the lower shin area above the ankle). Hold the Ring in this position whilst rolling back onto the shoulders. Roll back to start position and repeat. Gently squeeze the Ring throughout the whole movement.

3. OVERHEAD REACHES



Lay on your back with legs straight and hold the Ring using the outer contoured handles. With the arms straight and the Ring at hip height, lift the arms overhead as far as possible without allowing the lower back to lift off the floor. Return to start position and repeat. Gently squeeze the Ring throughout the whole movement.

ACTIVATION

4. BRIDGE



Lay on your back with knees bent. Place the outer contoured handles of the Ring between the legs (on the inner thigh area right above the knees). Hold the Ring in this position and raise the hips off the floor, creating a straight line between the shoulders, hips and knees. Return to start position and repeat.

5. GLUTEAL SQUEEZE



Lay face down with legs extended. Place the outer contoured handles of the Ring between the legs (on the lower shin area above the ankle). Raise the feet off the floor by squeezing the glutes, hold this position whilst pressing the Ring inwards. Return to start position and repeat.

6. INNER THIGH SQUEEZE



Lay on your side with legs extended. Place the outer contoured handles of the Ring between the legs (on the lower shin area above the ankle). Hold this position whilst pressing the top leg down towards the bottom leg. Return to start position and repeat on the other side.

7. HAMSTRING PRESS



Lay face down with one knee bent and the other leg extended. Place the outer contoured handles of the Ring on the ankle and the base of the buttock (bent leg). Bring the foot towards the buttock and press into the Ring. Return to start position and repeat on the other side.

8. LAT PRESS



In a standing position, hold the Ring using the outer contoured handles. Place the Ring between the palm of one hand and the hip of the same side of the body. Press into the Ring by pushing the hand towards the hip. Return to start position and repeat on the other side.

9. SIDE-LYING LEG RAISES



Lay on your side with legs extended. Place the Ring between the legs so that the outer contoured handles are positioned on the lower shin area (above the ankle). Hold this position and lift both legs toward the ceiling. Return to start position and repeat on the other side.

10. SEATED CHEST PRESS



In a seated position with the legs crossed, hold the Ring using the outer contoured handles. Using bent elbows, lift the Ring to chest height and press into the Ring to contract the chest. Return to start position and repeat.

11. V-SIT



In a seated position with legs extended, place the outer contoured handles of the Ring between the legs (on the lower shin area above the ankle). Hold this position whilst taking the arms forward to act as a counter-balance. Lift the legs to create a V-shape whilst maintaining a neutral posture in the upper body. Return to start position and repeat.

12. BACK EXTENSION



Lay on your front with arms extended in front of the body. Place the hands on the outer contoured handle at the top of the Ring with the lower contoured handle on the floor. Keeping the neck in a neutral position, press down into the Ring and lift the shoulders off the floor. Return to start position and repeat.

13. SEATED ROLLBACK



In a seated position with legs and arms extended, hold the outer contoured handles of the Ring. Round through the back and very slowly roll back until you come to a flat position. Roll back to start position and repeat. Gently squeeze the Ring throughout the whole movement.

14. BICEP SQUEEZE



In a seated position with legs crossed, hold the Ring using one of the outer contoured handles. Place the other contoured handle against the upper arm, just below the shoulder. Press into the Ring to contract the bicep. Return to start position and repeat on the other side.

15. TRICEPS SQUEEZE



In a kneeling position, place the Ring behind the back with the hands on the outer contoured handles. Keeping the chest lifted, press into the Ring to contract the triceps. Return to start position and repeat.

16. THE HUNDRED



Lay on your back with both knees bent, feet off the floor. Place the outer contoured handles of the Ring between the thighs (on the inner thigh area right above the knees). Inhale to prepare, then exhale, lifting the shoulders up. Pressing into the Ring, inhale for a count of five whilst pumping the arms up and down. Then exhale for a count of five, whilst pumping the arms up and down. Return to start position and repeat.

17. MERMAID



In a seated position with the legs crossed, reach both arms to the sides. Place the palm of one hand on the outer contoured handle at the top of the Ring, keeping the lower handle on the floor. With the opposite palm facing upward, take the arm overhead and over to the same side, leaning the torso to the side without letting it fall forward. Return to start position and repeat on the other side.

18. DOUBLE LEG KICK



Lay face down with knees bent. Hold the outer contoured handles of the Ring behind the back. Extend the legs whilst pressing into the Ring to work the muscles down the back of the body. Keep the eyes looking downwards to ensure a neutral neck position. Return to start position and repeat.

WORKOUTS

WARM UP

3 MINUTES

This warm up is for all workouts.

Exercise	Repetitions/Time	Orientation
1	10+10 reps	Clockwise/Anti-clockwise
2	10 reps	N/A
3	10 reps	N/A

Repeat sequence as a circuit x 2

SLEEK UPPER BODY WORKOUT

20 MINUTES

This workout is designed to target the upper body muscles to create a sleek appearance and defined shape.

Exercise	Repetitions/Time	Orientation
10	10	N/A
8	10+10 reps	R+L side
12	10 reps	N/A
18	10 reps	N/A
14	10+10 reps	R+L side
15	10+10 reps	R+L side
17	1+1 rep (withhold)	R+L side

Repeat sequence as a circuit x 2

DEFINED TOTAL BODY WORKOUT

30 MINUTES

This workout is designed to provide a complete full-body workout to strengthen all areas of the body.

Exercise	Repetitions/Time	Orientation
4	10 reps	N/A
12	10 reps	N/A
5	10 reps	N/A
6	10+10 reps	R+L side
9	10+10 reps	R+L side
7	10+10 reps	R+L side
18	10 reps	N/A
13	10 reps	N/A
11	2 reps (with hold)	N/A
10	10 reps	N/A
8	10+10 reps	R+L side
14	10+10 reps	R+L side
15	10+10 reps	R+L side
16	5 reps	N/A
17	1+1 rep (with hold)	R+L side

Repeat the sequence as a circuit x 1

CORE CENTRIC WORKOUT

20 MINUTES

This workout is designed to target the core muscles and create endurance in muscles that help promote good posture.

Exercise	Repetitions/Time	Orientation
4	10 reps	N/A
9	10 reps	R+L side
11	2 reps (with hold)	N/A
13	10 reps	N/A
12	10 reps	N/A
16	10 reps	N/A

Repeat sequence as a circuit x 3

SCULPT LOWER BODY WORKOUT

20 MINUTES

This workout is designed to target the lower body muscles to create a sculpted appearance and defined muscle shape.

Exercise	Repetitions/Time	Orientation
4	10	N/A
6	10+10 reps	R+L side
9	10+10 reps	R+L side
5	10	N/A
7	10+10 reps	R+L side
18	10 reps	N/A

Repeat sequence as a circuit x 3

Every time you use this item,
you are saying
YES to your goals and
YES to the person you want to be.

For more tools, tips and exercises or if you want to know more about "YESOLOGY", go to www.michellebridges.com.au

“CHANGE
comes
when you
SAY
to YOURSELF”
yes