



Pilates Ring 1

FIZIQUE FIZIQUE



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Adduction Squeeze

Pilates



- 1 - Lie on one side propping your head up on one hand with your legs straight and the ring between your ankles with your other hand on the mat in front.
- 2 - Squeeze down on the ring with your top leg, like you are trying to push your ankles together.

Back Extension Squeeze

Pilates



- Lie face down holding the ring behind your back with your arms straight.
- 1 - Raise your upper body, arms and legs all together off the floor, and while holding this position, squeeze the ring, pressing your palms inward.

Ballerina Butt Lift

Pilates



- 1 - Lie face down with head on your hands, your arms crossed in front and the ring between your ankles with your knees bent.
 - 2 - Gently squeeze inward on the ring with your ankles as you lift your upper legs off the floor.
- Lower and repeat.

Chest Squeeze

Pilates



- 1 - Sit cross-legged and hold the ring in front of you with your arms extended.
- 2 - Squeeze the ring, pressing your palms inward and keeping your shoulders down.

Biceps Squeeze

Pilates



- 1 - Sit cross-legged and hold the ring vertically on one shoulder with your hand on the top handle/pad. Press down on the top of the ring, squeezing it towards your shoulder.
- Release and repeat.

Glute Stretch

Pilates



- Lie on your back with one leg raised straight up with one side of the ring looped over this foot, holding the other side of the ring in your opposite hand
- 1 - Gently pull your raised leg across the other leg and down towards the floor.
- Keep both shoulders on the floor throughout.

Hip Bridge Squeeze

Pilates



- 1 - Lie on your back with your knees bent and feet flat, with the ring between your knees, placing your hands at your sides.
 - 2 - Raise your hips off the floor, making a straight line from your knees to your shoulders and gently squeeze your knees together.
- Lower yourself back to the floor and repeat.

Roll Up

Pilates



- 1 - Lie flat on your back with your legs straight holding the ring at your thighs with your arms straight.
 - 2 - Raise your head and shoulders, rolling up along the spine, drawing your navel in as you come up.
 - 3 - Continue rolling forward, reaching the ring past your feet.
- Reverse the movement rolling back down.

Triceps Squeeze

Pilates



- Kneel and hold the ring behind your back with your arms extended several inches from hips.
- Squeeze the ring, pressing your palms inward and keeping your torso tall and your shoulders down.