

Therapiebedarf24 Pilates-Ring Exercise Guide

Effective exercises for strength, stability and mobility • Effektive exercises for strength, stability and mobility



BUILD STRENGTH

Strengthens muscles and improves body tone



IMPROVE STABILITY

Supports stability of the core and the joints



INCREASE MOBILITY

Enhances mobility and coordination



TRAIN ANYWHERE

Ideal for home, rehab and fitness

1 Abdominal (Upper Abs)



Lie on your back with your knees bent and feet hip-width apart. Extend your arms forward holding the ring. Lift your upper body using your abs. Do not pull your neck forward! Hold for at least 4 seconds and slowly lower down.

2 Inner Thighs (Adductors)



Lie on your back with your knees bent and feet hip-width apart. Place the ring between your knees and squeeze it with your legs. Hold for 4-5 seconds and then slowly release.

3 Glute Bridge + Leg Lift



Lift your hips into a bridge and squeeze the ring between your knees. Straighten one leg and lift it up. Hold for 4 seconds, then lower the leg and switch sides.

4 Chest + Biceps (Standing)



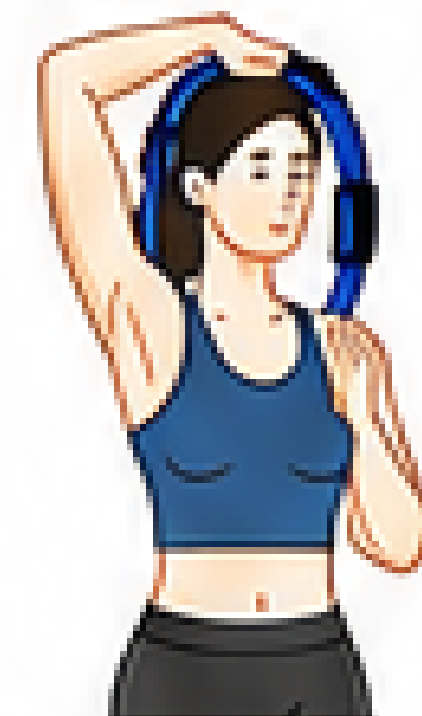
Stand and hold the ring in front of your chest. Squeeze the ring with both hands. Keep your arms active. Hold for 4 seconds and then release.

5 Arms + Shoulders + Back + Core



From a tabletop position, roll the ring forward with straight arms. Engage your core and keep your back neutral. Hold for 4 seconds and roll back.

6 Shoulders + Triceps (Overhead)



Hold the ring with one hand above your head and place your other hand on the ring. Bend your elbow and lower the ring behind your head. Hold for 4 seconds and switch sides.

7 Thighs + Adductors (Side Lying)



Lie on your side and place the ring between your ankles. Lift your top leg up. Hold for 4 seconds, then lower and switch sides.

8 Pelvis + Core + Adductors



Lie on your back with your knees bent. Place the ring between your knees and squeeze. Lift your hips slightly, hold for 4 seconds, then lower.

9 Inner Thighs / Hamstrings (Single Leg)



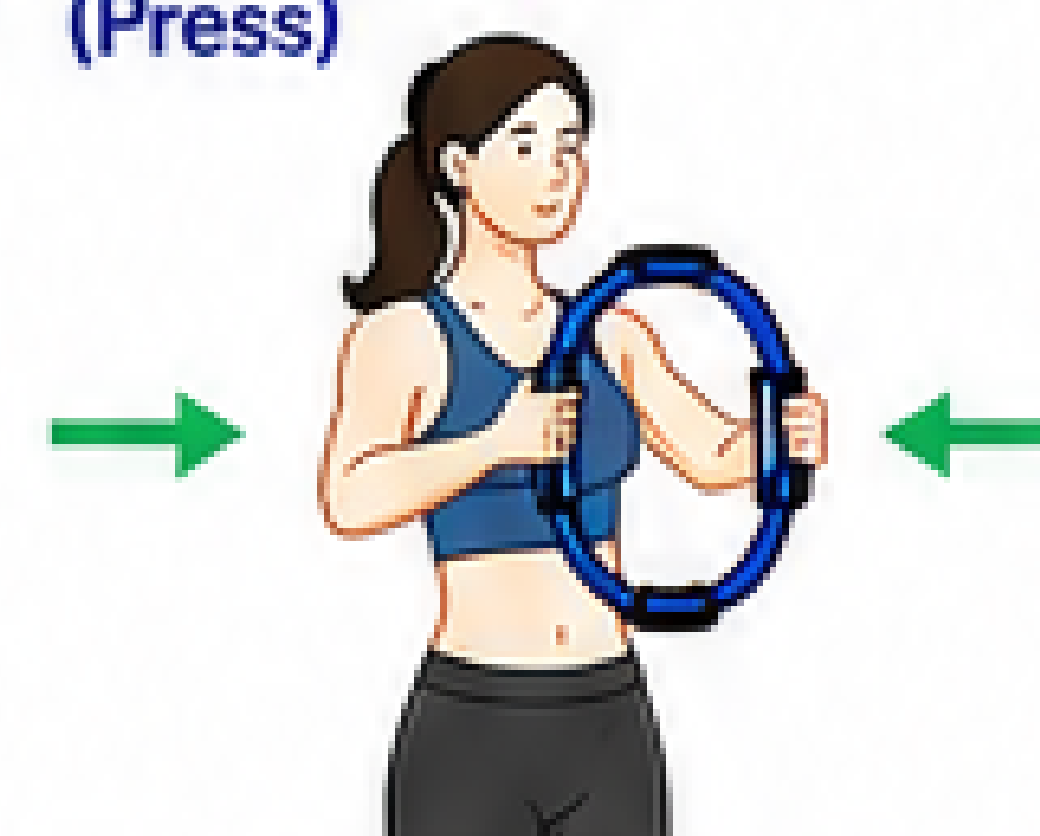
Lie on your back and place the ring around your foot. Extend your leg upward, then slowly pull it slightly toward you. Hold for 4 seconds and switch legs.

10 Obliques (Side Plank)



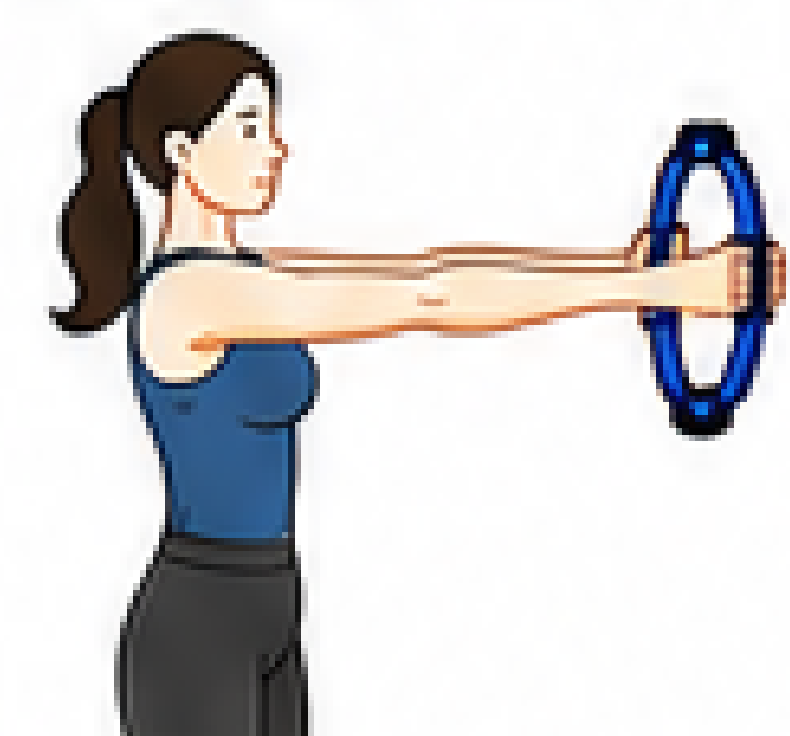
Support yourself on one forearm. Hold the ring with your top hand and press it against your hip. Hold for 4 seconds and switch sides.

11 Chest (Standing) (Press)



Stand and hold the ring in front of your chest at shoulder height. Press the ring inward with both hands. Hold for 4 seconds and then release.

12 Chest + Shoulders (Front Press)



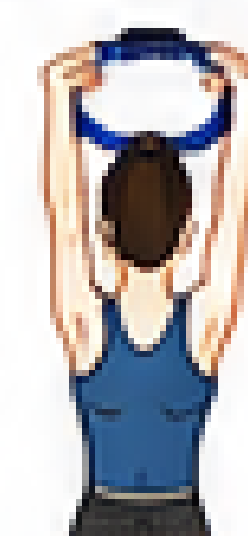
Stand and extend your arms forward at shoulder height. Hold the ring and press it in. Hold for 4 seconds and then release.

13 Chest + Biceps + Core



Lean your upper body back slightly, lift your legs and hold the ring in front of your chest. Press the ring inward. Hold for 4 seconds and then release.

14 V1: Shoulders + Trapezius (Overhead Press)



Stand and hold the ring above your head. Press it together with both hands. Hold for 4 seconds and then release.



V2: Triceps + Back (Pull Apart)

Hold the ring behind your back with bent elbows and pull it apart. Hold for 4 seconds and then release.

15 Thighs + Glutes + Core (Four Point Leg Extension)



From a tabletop position, extend one leg straight back. Hold for 4 seconds and then switch legs.

16 Calves + Hamstrings (Hinge)



Stand on the ring with one or both feet and hinge forward with a straight back. Hold for 4 seconds and then release.



Professional Quality

Carefully developed and reviewed by healthcare professionals and the ATC team.



Note

These exercises are for general fitness only and do not replace professional medical advice or treatment.



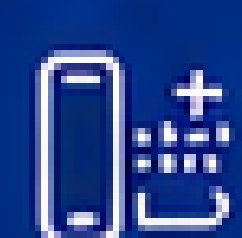
Important

Listen to your body and stop if you experience pain. Consult a medical professional if you have any health conditions or concerns.



View Pilates Ring
Scan to view product

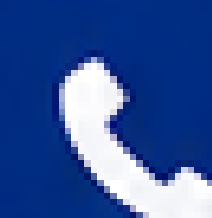
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