



COMPANION EXERCISE DVD

This comprehensive, easy-to-follow instructional DVD features more than 50 exercises, plus a 20-minute program of 10 resistance exercises. Detailed instructions show introductory, intermediate and advanced variations. Exercises are first taught lying on your back, side or front; then you can progress to sitting and standing positions.

Exercises are shown several times, slowly and clearly. Thorough explanations include detailed anatomical cues, suggestions on using touch and vision to enhance performance, and specific directions for avoiding common errors. The focus on controlled, smoothly flowing movement performed in precise alignment with deep breathing encourages body-mind integration.

Find this DVD as well as additional ring and circle products at www.pilates.com.

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PILATES PRO AT HOME MAT DVD SERIES

Looking for detailed, well-paced and *effective* mat workouts?

Rotate through the entire *Pilates Pro at Home* mat series to improve your overall fitness and balance, or target specific areas for improvement. Each title includes an intro to Pilates principles, a tutorial and two focused workouts. Titles include:

Core Control

The place to start if you are new to Pilates. Safe for osteoporosis/osteopenia.

Create Flexibility

Relieve stiffness and improve joint and spine mobility.

All About Abs

Sculpt your waistline, protect against low back pain, boost power and endurance.!

Perfect Posture

Sit, stand and walk tall. Safe for osteoporosis/osteopenia.

Upper Body Challenge

Build arm/upper back strength and improve core control to protect against back pain and injury.

Elizabeth Larkam is a Pilates Method Alliance Gold-Certified instructor with 25 years experience in fitness, clinical, dance and academic settings. She is also Fitness Editor for Pilates Style magazine and mind-body spokesperson for the American Council on Exercise.

5909 88th Street
Sacramento, CA 95828 U.S.A.
1-800-PILATES
916-388-2838
www.pilates.com
info@pilates.com



Flex Ring Toner®

The Flex Ring Toner improves muscle tone, endurance, coordination, and balance.

Based on the designs of Joseph Pilates, the spring steel ring increases resistance for faster, more targeted toning. It improves muscle strength throughout the body, especially in problem areas that are hard to firm up: inner thighs, outer thighs, upper arms, chest... even the pelvic floor muscles!



Completely encased in a soft, non-slip rubberized coating, the Flex Ring Toner is soft and comfortable. A slender handle design makes the width slightly narrower than other circle products, so it fits most body types more comfortably while maintaining similar deflection and resistance.

Goes anywhere and packs easily in a suitcase.



- » Soft, non-slip rubberized coating
- » No corners or sharp edges
- » Portable
- » Gentle weight challenge (3.2 lbs)
- » Rustproof





1. Inner Thigh Pelvic Lift
5 – 15 repetitions

As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Continue exhalation, pressing Ring between inner thighs. Lift pelvis, low back and mid back off the mat. Keep shoulder blades on the mat. As you inhale, return mid back, low back and pelvis sequentially to the mat.



2. Assisted Abdominals
5 – 10 repetitions

Rest back of head on Ring. Do not place Ring under neck. As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Continue exhalation, aiming elbows toward knees. Lift head, neck and shoulders off the mat. As you inhale, return shoulders, neck and head sequentially to the mat. Advanced variation: Keep elbows wide apart, even with ears.



3. Abdominal Obliques
5 – 10 repetitions per side

As you exhale, press Ring between right inner thigh and left palm. Contract pelvic floor and abdominals, pulling in and up, toward back of waist. Continue the exhalation and press both shoulders away from ears. Supporting back of head with right palm, lift head, neck and shoulders off the mat, aiming right elbow toward left knee. As you inhale, return shoulders, neck and head sequentially to the mat. Repeat other side.



4. Upper Back Extension
5 – 10 repetitions

With elbows slightly bent, press Ring between palms and down into floor. As you exhale, press shoulders away from ears. Continue exhalation, contracting pelvic floor and abdominals, pulling in and up toward back of waist. Lift head, neck and shoulders, directing gaze toward floor. Keep lowest rib in contact with mat. As you inhale, return chest, neck and forehead to the mat.



5. Back Extension with Thigh Lift
5 – 10 repetitions

Lie on front, palms on the back or sides of thighs. Press Ring between feet, calves or thighs. As you exhale, press shoulders away from ears, then contract pelvic floor and abdominals, pulling in and up, toward the back of waist. Continue exhalation, sliding hands toward knees as you lift thighs, head, neck and shoulders. Direct gaze toward floor. As you inhale, return your thighs, chest, neck and forehead to the mat.



6. Inner and Outer Thigh Lift
5 – 10 repetitions per side

Lie on your side, top palm on the floor in front of lowest ribs. Press Ring between thighs, calves or feet. As you exhale, contract pelvic floor and abdominals, pulling in and up toward back of waist. Continue the exhalation, pressing lower leg toward upper leg and lifting both legs toward the ceiling. As you inhale, lower your leg to the mat. Repeat other side.

Advanced variation: Place top arm along your side, palm on the outside of your thigh. As you exhale and lift your legs, slide top palm along thigh toward foot.



7. Inner Thighs and Quadriceps
5 – 15 repetitions

Stand against wall, lengthening spine in contact with the wall. With the soles of both feet firmly on the floor, heels away from the wall, bend your knees and 'sit' at a comfortable angle, directing knees over second toes. Avoid intense pressure in your knees. Keep your hips above your knees. As you exhale, press Ring between inner thighs and contract pelvic floor and abdominals, pulling in and up toward back of waist.



8. Chest and Arms
5 – 15 repetitions

Stand against wall, lengthening spine in contact with the wall. With the soles of both feet firmly on the floor, heels away from the wall, bend your knees and 'sit' at a comfortable angle, directing knees over second toes. Avoid intense pressure in your knees. Keep your hips above your knees. As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Press shoulders away from ears and back toward wall. With chest and shoulders broad, press Ring between palms.



9. Wall Pushups, Elbows Wide
5 – 15 repetitions.

Face wall with both palms pressing Ring toward wall at level of upper chest. Stand with knees straight, soles of feet firmly on the floor, spine long. As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Press shoulders away from ears. Continue the exhalation, keeping chest and shoulders broad, and lean toward the wall, increasing the bend of your elbows. As you inhale, return to vertical and straighten your elbows.



10. Standing Balance
5 – 15 repetitions

Stand with hand(s) on wall for balance. Press Ring between lower legs, just above ankles. Stand with knees straight, soles of feet firmly on floor, and spine long. As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Continue exhalation, pressing shoulders away from ears. With chest and shoulders broad, bend both knees, directing knees over second toes. As you inhale, straighten both knees. As you exhale, contract pelvic floor and abdominals, pulling in and up, toward back of waist. Press shoulders away from ears. With chest and shoulders broad, rise onto your toes, ankles in line with the middle of your foot.

Advanced variations: Practice with arms at your sides, then with eyes closed.

10 EXERCISE/20 MINUTE PROGRAM

Excerpts from the Flex Ring Toner DVD with Elizabeth Larkam

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