

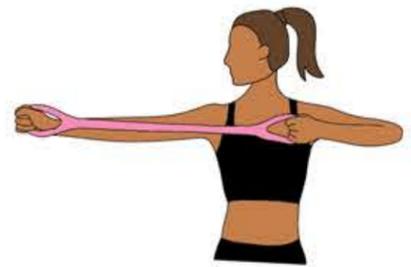


LumaHvn

**13 Pcs
Pilates Essentials Kit
Movement Reference**



Seated Upper Body Stretch with Figure 8 Strap



Standing Chest Expansion with Stretch Strap



Exercise guide for Pilates Ring



Supine Inner Thigh Squeeze with Ab Curl



Alternating Bicycle Crunch



Pilates Ring Prone Back Extension



Side-Lying Leg Lift with Pilates Ring



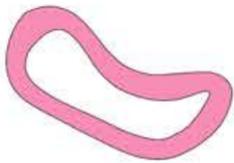
Pilates Ring Leg Scissors in Teaser Position



Pilates Ring Seated Side Bend



Pilates Ring Forward Stretch



Yoga Ring Exercise Reference



King Pigeon Pose with Yoga Ring



Chest Opener with Yoga Ring



Seated Hamstring Stretch with Yoga Ring



Shoulder Stretch with Yoga Ring



Overhead Shoulder Stretch with Yoga Ring

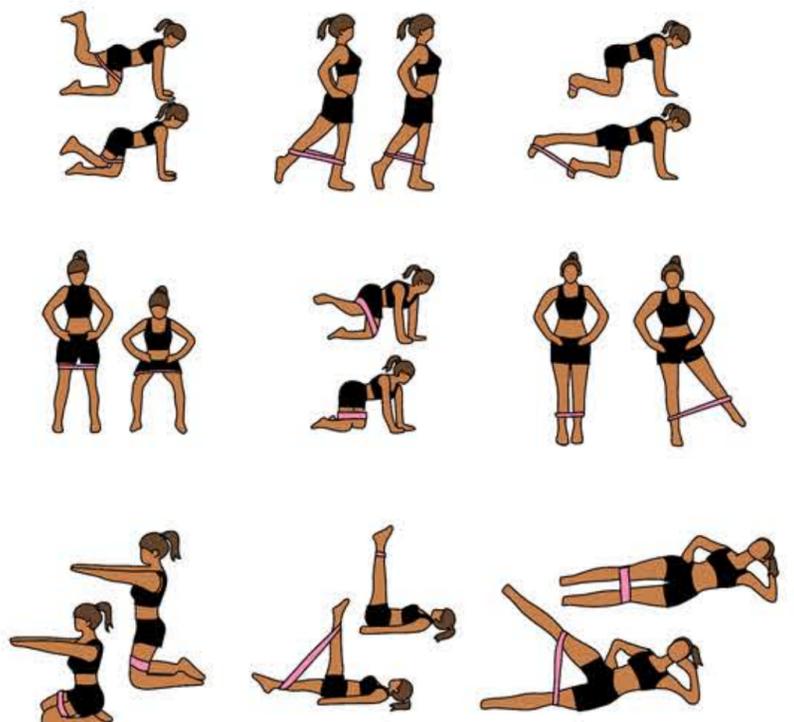


Spinal Release with Yoga Ring



Posture Corrector Stretch with Yoga Ring

Exercise Guide for Yoga Strap



5-Level Resistance Bands Exercise Reference