PILATES RING

NO. 106

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: support@sunnyhealthfitness.com** or 1-877-90SUNNY (877-907-8669)

WWW.SUNNYHEALTHFITNESS.COM

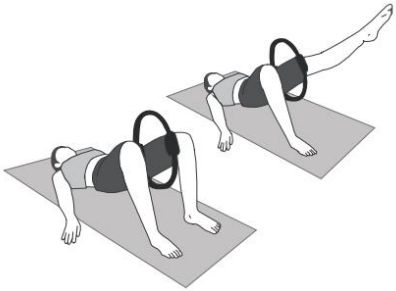
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this product correctly. It is important to read this entire manual before assembling and using the product. Safe and effective use can only be achieved if the product is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the product are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the product properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. The Pilates Resistance Ring adds a new challenge and heightened strength-train ing to classic Pilates mat workouts. The lightweight circle provides gentle resistance to help tone your core, as well as the small, hard-to-target muscles through-out your entire body. Always wear comfortable clothing that do not restrict your movements and use the product on even and nonslip surfaces.
4. The 15-inch toning ring helps improve balance and causes muscles to adapt and become stronger, Foam handles on each side make it comfortable to hold in your hands or between the feet or knees. It's perfect for gently toning thighs, arms, back, chest and core while doing exercises like bridges, boat pose, roll- ups, side presses and much more. When performing exercises, it is important to have the correct starting position and maintain your balance.
5. It is very important to breathe normally during the exercises. Do not hold your breath. All exercises should be performed using gentle, controlled movements.
6. **Warm-up exercises -** Perform warm-up exercises for at least 5 minutes before starting your workout.

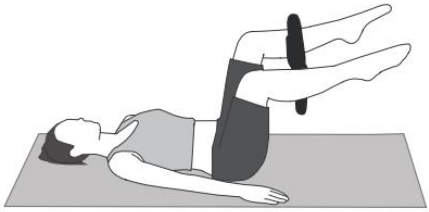
USER GUIDE

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90 SUNNY (877-907-8669).



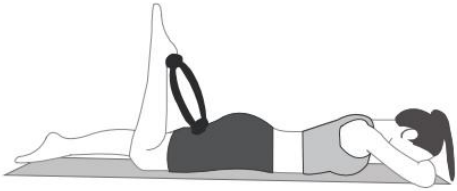
BRIDGE

Lie on your back with knees bent. Place the outer handles of the Ring between your legs. Lift your hips off the floor, creating a straight line from shoulders to knees. Repeat the exercise.



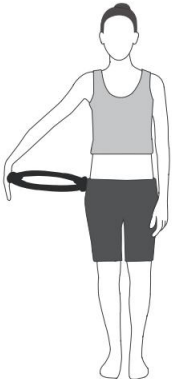
THE HUNDRED

Lie on your back with knees bent and feet off the floor. Place the Ring between your thighs. Inhale to prepare, exhale as you lift your shoulders. Press into the Ring and pump your arms up and down while inhaling. Repeat the exercise.



HAMSTRING PRESS

Lie face down with one knee bent and the other leg extended. Place the Ring's handles on your ankle and the base of your buttock. Bring your foot toward your buttock and press into the Ring. Repeat on the other side.



LAT PRESS

Stand and hold the Ring by the outer handles. Place the Ring between the palm of one hand and the hip on the same side. Press into the Ring by pushing your hand toward your hip. Repeat on the other side.

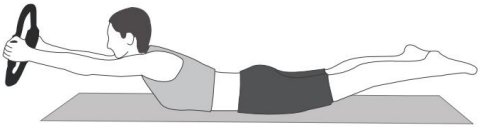
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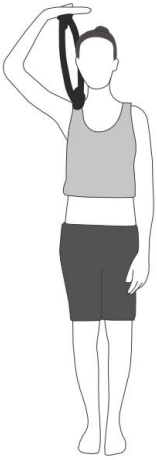
CHEST PRESS

Stand and hold the Ring by the outer handles with arms straight, the Ring at hip height. Lift the Ring to chest height and press into it to contract the chest. Then, sit with feet flat on the floor and repeat the exercise using bent elbows.



BACK EXTENSION

Lay on your front with arms extended in front of the body,hold the Ring using the outer contoured handles. With the arms straight and press into the Ring. Keeping the neck in a neutral position, press down into and lift the shoulders off the floor, Repeat the exercise.



BICEP SQUEEZE

Stand and hold the Ring by one of the outer handles. Place the other handle against your upper arm, just below the shoulder. Press into the Ring to contract the bicep. Repeat on the other side.



TRICEPS SQUEEZE

Sit with your legs crossed and place the Ring behind your back, holding the outer handles. Keep your chest lifted and press into the Ring to contract the triceps. Repeat the exercise.

Version 1.0

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