

Fitness Circle®

Includes
15 Exercises:



- p.2 Roll Up
- p.2 Hundred
- p.2 Ab Prep
- p.3 Single Leg Stretch
- p.3 Rolling Like a Ball
- p.3 Half Roll Back
- p.4 Spine Stretch Forward
- p.4 Lat Press
- p.4 Obliques Roll Back
- p.5 Forward Lunge with Rotation
- p.5 Side Leg Lifts
- p.5 Spine Twist
- p.6 Heel Squeeze Prone
- p.6 Tricep Press
- p.7 Scissors

Exercises can be performed with either the Fitness Circle Lite or Pro Model Resistance Rings.

The Fitness Circle® can provide variety and challenge to Matwork exercises. Placed in the hands, it brings more awareness to shoulder area. Squeezing the Circle between the knees or ankles engages the inner thighs which, in turn, ensures activation of the deep support muscles of the torso. This simple tool also builds endurance in the arms, legs and torso throughout a workout.

Roll Up



Starting position: Lying on back on mat, legs long and together, holding Fitness Circle with arms overhead.

INHALE Reach Circle up toward ceiling.

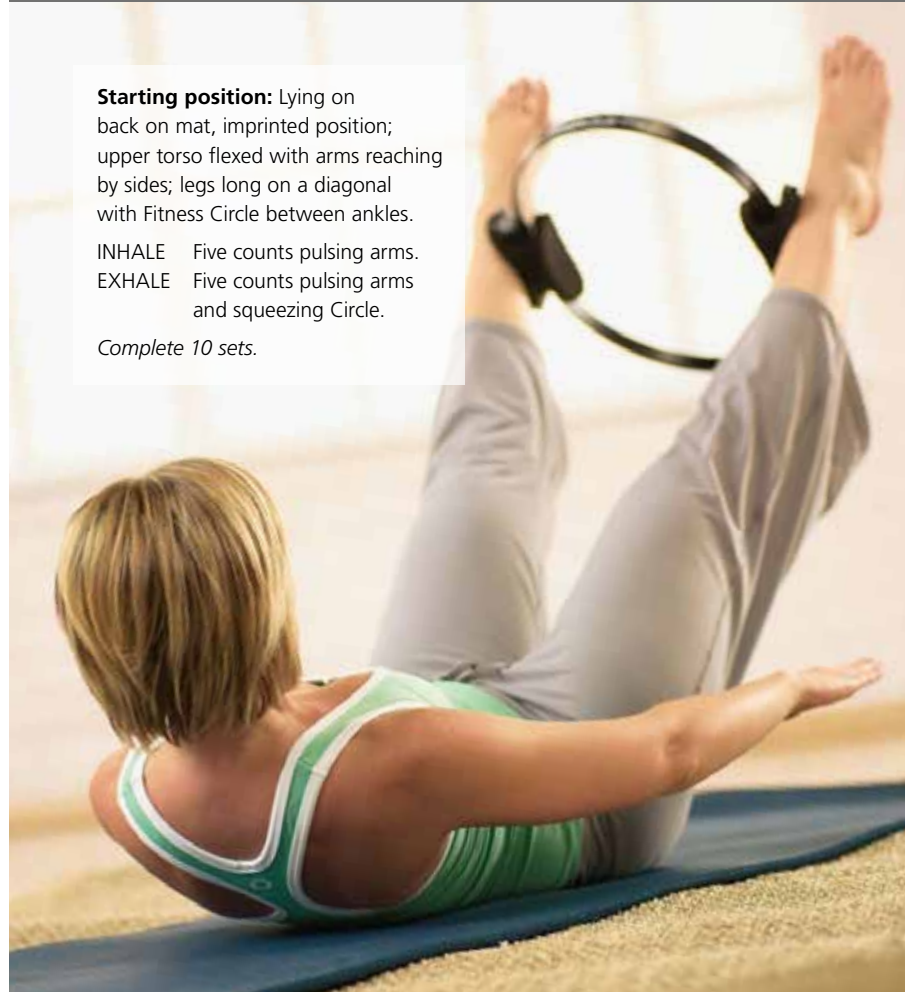
EXHALE Roll up off mat reaching Circle toward feet.

INHALE Start to roll back.

EXHALE Roll all the way down to mat with Circle overhead.

Complete 5-8 repetitions.

Hundred



Starting position: Lying on back on mat, imprinted position; upper torso flexed with arms reaching by sides; legs long on a diagonal with Fitness Circle between ankles.

INHALE Five counts pulsing arms.

EXHALE Five counts pulsing arms and squeezing Circle.

Complete 10 sets.

AB Prep



Starting position: Lying on back on mat; feet shoulder-distance apart, Fitness Circle between thighs; spine in a neutral position, neither arched nor flat.

INHALE Prepare and nod head slightly.

EXHALE Curl upper body off the mat without pressing lower back into mat and squeeze Circle.

INHALE Lower body to mat and release pressure on Circle.

Complete 5-8 repetitions.

Single Leg Stretch

Starting position: Lying on back on mat, imprinted position, upper torso flexed; legs in tabletop position (knees bent in air), holding Fitness Circle up toward ceiling.

- INHALE Prepare.
EXHALE Keep upper torso lifted and reach one leg out on diagonal.
INHALE Begin to switch legs.
EXHALE Extend other leg out on diagonal.

Complete 5-8 repetitions on each leg.



Rolling Like a Ball



Starting position: Seated on mat, just back of sit-bones; spine rounded, knees flexed with feet off the mat; holding Fitness Circle with arms reaching forward.

- INHALE Increase curve in lower spine and roll back onto shoulders.
EXHALE Roll forward to balance.

Complete 5-8 repetitions.

Half Roll Back



Starting position: Seated on mat, feet shoulder-distance apart; Fitness Circle between thighs.

- INHALE Prepare.
EXHALE Curve spine and roll back as far as possible while keeping feet on mat, and squeeze Circle.
INHALE Return to starting position and release pressure on Circle.

Complete 5-8 repetitions.

Spine Stretch Forward



Starting position: Seated on mat with legs stretched out in front (sit on a cushion or phone book, or bend knees to sit up as straight as possible); hands on top of Fitness Circle.

INHALE Prepare.

EXHALE Starting from the top of the head, bend forward and press Circle down with hands; keep shoulders away from ears.

INHALE Return to starting position, lifting head last, and release tension on Circle.

Complete 5-8 repetitions.

Lat Press

Starting position: Standing tall, feet hip-distance apart; one hand pressing Fitness Circle against outside of thigh.

INHALE Prepare.

EXHALE Keep arm long and press Circle against thigh, rotating upper torso slightly toward that side.

INHALE Return to center and release pressure on Circle.

Complete 5-8 repetitions on each side.



Obliques Roll Back



Starting position: Seated on mat, spine as tall as possible; knees flexed with Fitness Circle between knees, arms reaching forward.

INHALE Prepare.

EXHALE Curve lower back and rotate torso to one side, reaching that arm back.

INHALE Return to front reaching arm forward.

Complete 5-8 repetitions.

Forward Lunge with Rotation



Starting position: Standing tall, feet hip-distance apart; holding Fitness Circle in front of torso with elbows flexed.

INHALE Prepare.

EXHALE Lunge forward rotating torso toward front leg and reach arms out.

INHALE Return to starting position.

Complete 5-8 repetitions.

Spine Twist

Starting position: Seated on mat, spine as tall as possible; legs crossed; arms reaching forward holding Fitness Circle.

INHALE Prepare.

EXHALE Rotate torso to one side, flex elbows and squeeze Circle.

INHALE Stay.

EXHALE Return to front, reaching arms forward.

Complete 5-8 repetitions.



Side Leg Lifts



Starting position: Side-lying in a straight line with head resting on bottom arm; Fitness Circle standing on floor with both feet inside Circle.

INHALE Prepare.

EXHALE Tighten abdominals and press top ankle against Circle.

INHALE Release tension on Circle.

Complete 5-8 repetitions.

Heel Squeeze Prone



Starting position: Lying on stomach on mat with hands under forehead; knees bent shoulder-distance apart; Fitness Circle between ankles.

INHALE Prepare.

EXHALE Tighten abdominals and squeeze Circle between ankles.

INHALE Release tension on Circle.

Complete 5-8 repetitions.

Tricep Press



Starting position: Standing tall, feet hip-distance apart; holding Fitness Circle behind back with elbows flexed.

INHALE Prepare.

EXHALE Extend elbows and squeeze Circle.

INHALE Flex elbows and release pressure on Circle.

Complete 5-8 repetitions.

Starting position: Lying on back on mat, imprinted position; upper torso flexed; legs long reaching up to ceiling; holding Fitness Circle up toward ceiling.

INHALE Prepare.

EXHALE Keep upper torso lifted and scissor legs, reaching one leg toward torso, other leg away.

INHALE Begin to switch legs.

EXHALE Scissor other leg toward torso, opposite leg away.

Complete 5-8 repetitions.



WARRANTY, CARE AND USAGE FOR FITNESS CIRCLE® RESISTANCE RING

Warranty

The Merrithew™ Fitness Circle Resistance Ring is ergonomically designed to facilitate a large number of Matwork exercises. Use in conjunction with the complete line of Fitness Circle videos and Comprehensive Matwork Manual to engage deep core muscles and target and tone abs, inner and outer thighs, arms, and buttocks.

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Fitness Circle Resistance Ring at all times while exercising.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.
- Do not attempt to fully compress ring.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only for intended exercises.
- Do not place Fitness Circle Resistance Ring around your neck or try to compress ring with head or neck.