

Fitness Circle® Toning Rings

Includes
6 Exercises:



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Great for individual use or perfect as a pair, add the Fitness Circle Toning Rings to your workout for a flexible resistance-based challenge. Different from the traditional Fitness Circle, hands can fully grip these NBR-covered handles in addition to pushing or pulling them during exercises. Perform movements using the two Toning Rings at the same time to work both upper- and lower-body or to work the body bilaterally.

Squat Choppers



Starting position: kneeling, spine vertical, knees hip-distance apart, elbows bent, holding one Toning Ring behind the head, chest lifted toward the ceiling

INHALE prepare

EXHALE extend arms, and reach Ring outside one leg, squatting down toward heels keeping spine long

INHALE return to vertical then reach arms back overhead and bend elbows, lifting chest and eyes toward ceiling

Complete 8-10 repetitions on each side, alternating

Bow & Arrow



Starting position: sitting, torso as tall as possible, legs straight, holding one Toning Ring, arms long reaching forward

EXHALE pull one elbow back in line with shoulder allowing torso to rotate, at the same time, press opposite arm forward and bend knee on same side

INHALE return

Complete 5 repetitions on each side, alternating

Breast Stroke



Starting position: lying on stomach on mat, lower spine in a neutral position, legs apart slightly and knees bent with a second Ring between ankles, arms long reaching overhead with hands on top of one vertical Toning Ring, head hovering off mat

INHALE prepare

EXHALE keep shoulder blades stable and lift upper back and hands pressing down on Ring, at the same time, squeeze heels together

INHALE return to starting position

Complete 5-10 repetitions

Single Leg Stretch

Starting position: sitting, torso as tall as possible, knees bent, arms long, holding one side of a Toning Ring in each hand, other side under the ball of each foot

INHALE prepare

EXHALE straighten one leg pressing against Ring

INHALE begin to switch legs

EXHALE straighten the other leg pressing against Ring

Complete 5-8 repetitions

Modification 1: for an additional hamstring stretch, bend elbows slightly and tip torso forward over each straight leg

Modification 2: as an alternative, straighten both legs, bend elbows slightly and tip torso forward



Modification 1



Modification 2

Forward Stretch with Leg Press



Starting position: sitting, torso as tall as possible, one leg bent with foot on mat, other leg straight, ankle resting on one vertical Toning Ring, arms reaching forward, hands on outside of second Ring

INHALE prepare

EXHALE reach Ring forward, grasping sides with hands and rotating them to be on the inside of the Ring, at the same time, press down on other Ring

INHALE return to start

Complete 5-8 repetitions on each side



Modification 1

Modification 2

Starting position: lying on back on mat, legs lifted in a tabletop position, arms long by sides with hands resting on top of vertical Toning Rings

INHALE prepare

EXHALE lift upper body and head off mat

INHALE for five counts pressing down on Rings for each count and reaching one leg out

EXHALE for five counts pressing down on rings for each count and reaching opposite leg out

Complete 10 sets

Modification 1: perform pulses keeping legs in tabletop position

Modification 2: perform pulses keeping both legs extended out on a long diagonal

WARRANTY, CARE AND USAGE FOR FITNESS CIRCLE TONING RINGS

Warranty

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
- 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.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.