

Fitness Circle® Flex

Includes
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Incorporate the Fitness Circle® Flex into your workout to challenge abduction, adduction and balance while activating the deep support muscles of the torso. Especially ideal for individuals who are new to working with Fitness Circles, this lightweight tool provides gentle resistance for upper- and lower-body exercises.

Standing Squat



Starting position: stand with the Fitness Circle Flex between ankles, legs parallel, hands on hips

INHALE bend knees and hips to squat, pressing against Circle

EXHALE return to standing

Complete 10 reps

Split Squat with Rotation



Starting position: stand with one leg reaching back on the ball of the foot, arms reaching forward, holding Fitness Circle Flex

INHALE prepare

EXHALE bend both knees, bringing back knee toward the floor, at the same time, rotate torso toward the front leg, bending elbows and pressing against Circle

INHALE return to starting position

Complete 5-8 reps on each side

Star Balance



Starting position: stand with feet together, arms reaching overhead holding the Fitness Circle Flex

1. On a smooth breath, begin to reach one leg out to the side, pointing the toe
2. Continue breathing smoothly and tip the body over, reaching the leg higher out to the side and reaching the arms overhead
3. Tip over as far as possible, maintaining balance, slowly return to starting position

Complete 3-5 reps on each side

Squat with Heel Lift 1



Starting Position: stand with the Fitness Circle Flex between ankles, legs parallel, arms long by sides

INHALE bend knees and hips to squat, pressing against Circle and reaching arms forward

EXHALE stay in squat and lift heels

INHALE lower heels

EXHALE return to standing

Complete 10 reps

Squat with Heel Lift 2



Starting position: stand with the Fitness Circle Flex on outside of ankles, legs parallel, arms reaching out to sides

INHALE lift heels, pressing out against Circle

EXHALE keep heels lifted and bend knees, reaching arms forward

INHALE keep knees bent and lower heels, pressing out against Circle

EXHALE straighten legs

Reverse Sequence: lift heels with knees straight, keep heels lifted and bend knees, with knees bent lower heels, straighten legs

Complete 5 reps in each direction

Plié with Heel Lift



Starting position: stand with the Fitness Circle Flex between the ankles, legs turned out, hands on hips

INHALE bend knees in a plié

EXHALE return to standing

INHALE lift both heels pressing against Circle

EXHALE return to starting position

Complete 10 reps

Forward Reach



Starting position: stand with feet together, arms reaching forward holding the Fitness Circle Flex

1. On a smooth breath, begin to reach one leg out to the back, pointing the toe

2. Continue breathing smoothly and tip the body, reaching the leg higher to the back

3. When balance can be maintained, lower the arms toward the floor

4. Slowly return to the starting position

Complete 3-5 reps on each side

Forward Leg Lift



Starting position: stand with heels together, legs turned out slightly, arms reaching forward and down, holding the Fitness Circle Flex

INHALE prepare

EXHALE lift one leg in front, knee slightly bent, reach arms overhead, pressing against Circle

Complete 3-5 reps on each side

Side Lunge



Starting position: stand with feet together, elbows bent, holding Fitness Circle Flex in front of chest

INHALE prepare

EXHALE lunge to one side, reaching arms forward and pressing against Circle

INHALE bring feet together again, bending elbows

Complete 5 reps on each side, alternating

WARRANTY, CARE AND USAGE FOR FITNESS CIRCLE® FLEX

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
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious 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 Flex at all times while exercising.
- 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.