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.

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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

**Standing Squat**

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

**Star Balance**

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

**Split Squat with Rotation**

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

**Standing Squat**

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

**Star Balance**

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

**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
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*