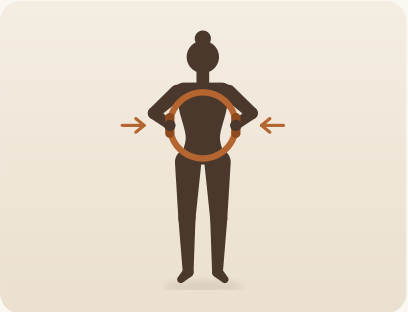
PROGRAMME · PILATES RING

20 minutes to *strengthen your core*

COREFLO

Duration · 20 min | **Level** · beginner + | **Frequency** · 3 times a week | **Rest** · 30 s between sets



1 Chest press

CHEST · ARMS

1. Standing or seated, hold the ring in front of your chest by both handles, elbows slightly bent.
2. Squeeze the ring as you exhale and hold for 2 seconds.
3. Release slowly as you inhale, keeping some tension.

3 × 12
shoulders down, back straight



2 Inner thigh squeeze

INNER THIGHS · PELVIC FLOOR

1. Lie on your back, knees bent, feet flat, ring between your knees.
2. Squeeze the ring as you exhale and hold for 2 seconds.
3. Release gently without letting the ring drop.

3 × 15
lower back on the floor

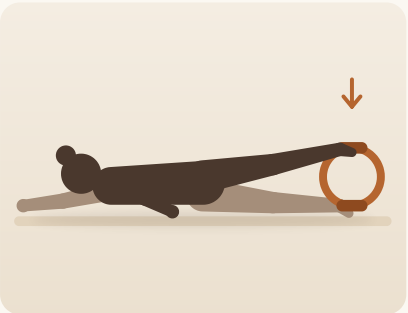


3 Glute bridge

GLUTES · HAMSTRINGS · INNER THIGHS

1. Same position as exercise 2, ring between your knees.
2. Lift your hips one vertebra at a time while squeezing the ring.
3. Hold for 2 seconds at the top, then lower slowly.

3 × 10
don't arch at the top



4 Side-lying leg press

GLUTES · HIPS

1. Lie on your side, head on your arm, ring between your ankles.
2. Press the top leg down to squeeze the ring, as you exhale.
3. Release slowly, then switch sides.

2 × 12
each side, hips stacked

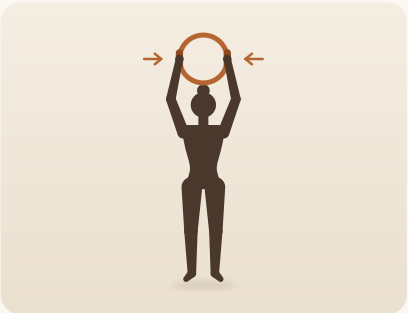


5 Roll back

ABS · BACK

1. Sit with knees bent, feet on the floor, ring held in front of you.
2. Roll back halfway while squeezing the ring, as you exhale.
3. Roll back up through your spine as you inhale.

3 × 8
chin slightly tucked



6 Overhead press

SHOULDERS · ARMS · POSTURE

1. Stand with feet hip-width apart, ring held overhead, arms straight.
2. Squeeze the ring as you exhale and hold for 2 seconds.
3. Release as you inhale, core engaged throughout.

3 × 10
ribs down, shoulders away from ears

Pilates breathing

Warm up for 3 minutes before you start. Breathe in through your nose to prepare, and out through your mouth during the effort (when you squeeze the ring). Keep your belly button gently drawn towards your spine throughout.

Practise safely

Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.