



Pilates Mini Ball & Ring Maker Kit

Guide

Practicing Pilates has many potential health benefits, including increased flexibility, muscle tone, and strength. Some of the principles that guide the Pilates method include concentration on each movement, use of the abdomen and low back muscles, flowing, precise movement patterns and controlled breathing.

Starting Out

A Pilates ring is a special piece of equipment that adds resistance during Pilates stretches and exercises. A Pilates ring consists of a circular hollow ring, typically made of flexible plastic. Most Pilates rings have padded handles on the sides to grip. Another name for a Pilates ring is a magic circle.

Pushing the circle together creates resistance, which can enhance your stretches and Pilates exercises. The flexible ring can deform under pressure and then return to its original shape when you let go. You can think of a Pilates ring like a set of resistance bands that are more rigid.

Using a Pilates ring is very simple: Hold it between the muscle groups you want to exercise, squeeze, and release. The simplicity of the Pilates ring means you can use it for several different types of exercises, from squats and upper body to legs and core.

A Pilates ball workout uses a small, inflatable ball—typically around 9 inches in diameter—to provide support, resistance, and a greater challenge to your Pilates exercises. The ball, often referred to as a "stability ball" or "small ball," is used to engage core muscles, enhance flexibility, and provide balance training.

As a beginner, it's essential to start slowly and focus on mastering the basic exercises before moving on to more advanced movements. Here are a few key tips to help you get started:

- **Wear Comfortable Clothing:** Pilates involves a lot of stretching and movement, so opt for comfortable, form-fitting clothing that allows you to move freely.
- **Focus on Form:** Good form is crucial in Pilates to prevent injury and maximize benefits. Take your time to learn each exercise, and if needed, consult instructional videos or a professional trainer.
- **Breathe Properly:** Pilates places great emphasis on proper breathing techniques. Inhale through your nose and exhale through your mouth, coordinating your breath with your movements to maintain rhythm and control.

Additional Resources

The following Resources are helpful in utilizing the equipment provided in this kit.

10 Minute Pilates Ring Workout

<https://tinyurl.com/8pnj2hfm>

Pilates Ring & Mini Ball Fusion Workout – 15 Minutes

<https://tinyurl.com/2xs7d9f7>

10 Minute Pilates Ring Workout for Arms & Core

<https://tinyurl.com/mv7bm77b>

Troubleshooting

If you experience problems, please contact the Reference Desk at cvref@wclibrary.info

Feedback

We would love to hear how your experience was! Please consider sharing photos or videos of your experience with us on social media:

Facebook

<https://tinyurl.com/mr3j82m3>



Instagram

<https://tinyurl.com/f8rjs8c5>



PLEASE NOTE:

Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your physician before beginning this or any exercise program. This equipment and any accompanying instructions and advice are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.