

# Align-Pilates Pro Ring 14 Inch

£43.99

## Product Images



## Short Description

Popular in homes and studios, adding a Pilates ring to your mat work can help to intensify the exercise you're doing as well adding a further toning and strength exercise at the same time. Also known as Magic Circles, the Align Pilates Pro Ring comes in two sizes depending on your height.

## What Is A Pilates Ring?

It's simple. A sprung steel ring, 14 inches in diameter in this case, that has a handle each side that is also shaped to allow your knees or thighs to prevent movement of the ring.

Pushing the ring inwards means you are working against resistance, so adding the additional exercise that can tone those muscles you may not have worked.

## Using A Pilates Ring

Using the sprung steel ring for inner and outer thigh work, upper arms and chest, you can even throw in the

pelvic muscles too. Pilates rings offer a double handle design along with the quality sprung steel. Perfect for all levels of users, add something extra to your workout.

## Pilates Ring - AKA 'Magic Circle'

Choosing Pilates to help with your fitness, strength and agility is a great life choice. Whether you prefer to use reformers or stick to mat work, adding in something extra can help to work additional muscles alongside your chosen workout.

Pilates Rings offer you the chance to focus on inner and outer thigh work, upper arms and chest whilst you are performing other exercises.

### Additional Information

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SKU	PAPRING14
Weight	2.000000
Equipment Usage	Home & Commercial Use
Made From	Sprung steel
Additional Features	Double handle design - 14" for over 165cm
Length Dimensions	14"