

# Pilates Power Ring

£22.74

## Product Images



## Short Description

If you are looking for an accessory to enhance your Pilates workouts then the Pilates power ring is the product for you. Available here on GymEquipment.co.uk, this fantastic accessory is great to use at home or during classes. Designed to improve your flexibility, balance, posture and strength use the pilates power ring to focus on your abs, thighs and bum.

This 14" flexible Power Ring has cushioned pads for comfort. Take it with you to classes, use it at home, wherever you wish. Get your power ring online today!

## Pilates Ring

Pilates is a form of exercise that focuses on body conditioning. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core. A strong core is vital to prevent injuries and ailments during everyday life. Perform Pilates to help improve balance and coordination and use the power ring to work the abs, thighs and buttocks.

Also available with an instructional DVD, simply contact us for availability and order your Power Ring now for enhanced Pilates workouts.

## Additional Information

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SKU	PPR
Weight	1.000000
Equipment Usage	Home Use