

Getting The Most From Your Fit Ring

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Instructions for Safety and Maintenance

- Consult your physician before beginning any exercise program.
- Store the Fit Ring in a cool, dry place away from direct sunlight.
- Fit Ring's wear out due to normal wear and age. Visually inspect before each use for tears or cracking. **DO NOT USE IF DAMAGE OR WEAR IS FOUND.**
- Do not perform exercises without wearing appropriate footwear.

Exercise Instruction

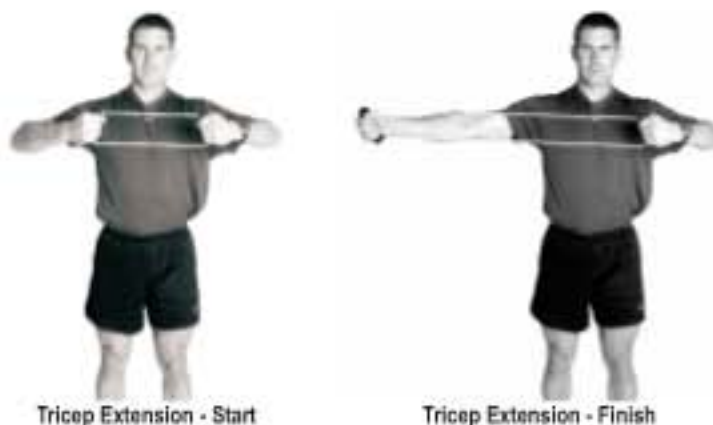
- Select the appropriate strength of Fit Ring that enables you to accomplish 12-15 repetitions. Once 15 repetitions are accomplished with ease, move to the next strength of Figure 8.
- Always anchor Fit Ring securely before beginning each exercise.
- Perform 1-2 sets of 12-15 repetitions resting 30-45 seconds between sets.
- Always maintain stable posture when standing. Keep chest up, abdominals slightly contracted, shoulders square, eyes forward, knees slightly bent, and a neutral spine position.
- To eliminate repetitive explanation on every exercise, all exercises are described from starting position to contracted position. Always return to the starting position after pausing to contract muscles.
- Focus on good mechanics by concentrating on muscles producing the movement.
- Repetitions should always be performed in a slow and controlled manner, pausing at both ends of the range of motion.
- Avoid holding your breath or exaggerating breathing.
- If movement is unilateral (one side at a time), always switch sides after each set and perform equal number of repetitions.
- Seek the help of a qualified fitness professional for further advice and variations on these exercises.



All exercises were designed by Bill Leavitt, RTS. Bill is the owner of Fitness Alliance, Inc., located in Kansas City. He may be contacted at bleavitt@kcfitness.com



Seated Row - Start **Seated Row - Finish** **Seated Row - Finish 2**
(latissimus dorsi, rhomboids, mid-trapezius, posterior deltoid)
From a seated position, with knees slightly bent and feet together, place one handle of Fit Ring behind arch of foot. Grasp other handle in same side hand with palm facing inward and pull backward by drawing the elbow along side the torso. **Tips:** Keep chest up, with shoulders back and down throughout the exercise. **Variation:** Change grip to palms down with elbow away from torso to emphasize more upper back and rear shoulder.



Tricep Extension - Start **Tricep Extension - Finish**
Tricep Extension
(triceps)
From a standing position, grasp handles and bring Fit Ring in front of chest slightly below shoulder height. With palms facing, bend at elbows and draw back in line with shoulders. Keeping one arm stationary, extend other elbow outward until arm is straight. Repeat or alternate. **Tips:** Keep shoulders locked and move only from exercising elbow throughout movement.



Knee Extension - Start **Knee Extension - Finish**
Knee Extension
(quadriceps)
From a seated position on floor, place one handle of Fit Ring under arch of foot and other over exercising foot, slightly above ankle. Lie back and keeping knees parallel, extend knee by moving foot upward in an arcing motion until leg is straight. **Tips:** Keep ankle locked and in neutral position. Make sure to keep knees parallel throughout entire range of motion.



Kneeling Arm Curl - Start **Kneeling Arm Curl - Finish**
Kneeling Arm Curl
(biceps)
From a kneeling lunged position, place one handle of Fit Ring under arch of front foot and hold other end in hand with palm facing upward. Bend at elbow bringing hand toward shoulder. **Tip:** Keep elbow back and underneath shoulder to keep emphasis on biceps and not front shoulder. **Variation:** Perform from a lunged position with Fit Ring under front foot. Keep head and chest up. Change grip to palm facing inward, (neutral or hammer grip), to emphasize the brachioradialis and brachialis, (muscles across the elbow and underneath the biceps).



External Rotation - Start **External Rotation - Finish**
External Rotation
(external shoulder rotators: teres minor & infraspinatus)
From a standing position, hold one handle against rib cage. Take other handle in exercising arm flexed to 90°, palm facing inward, and elbow under shoulder. Push hand outward rotating the shoulder while keeping elbow under shoulder. **Tips:** Stay within a comfortable range of motion and do not let arm move away from side of body.



Standing Leg Curl - Start **Standing Leg Curl - Finish**
Standing Leg Curl
(hamstrings)
From a standing position place one handle under non-exercising foot and other on arch of exercising leg so handle is on sole of shoe, not the ankle. Place hands on hips or hold on to a stable object and keeping knees parallel, curl heel of exercising foot toward buttock until hamstring is contracted close to knee height. **Tips:** Maintain upright posture and do not attempt to increase range of motion by leaning forward. Maintain neutral position of the foot, or toes pointed slightly down, to prevent Fit Ring from falling off. Keep knees parallel throughout.



Hip Abduction - Start

Hip Abduction - Finish

Hip Abduction
(hip abductors)

In a side-lying position, place Fit Ring slightly above ankles and lift top leg upward. **Tips:** Do not attempt to gain range of motion by rolling or moving torso. Lead with heel and keep toe pointed forward to prevent leg from externally rotating. To lessen forces on the knee, place Fit Ring closer to knees. **Variation:** Standing. Place Fit Ring slightly above ankles and place hands on hips or hold on to a stable object. Starting with leg abducted, pull inward and bring legs together.



Hip Adduction - Start



Hip Adduction - Finish

Hip Adduction
(hip adductors)

Anchor Fit Ring about ankle height and place outside foot inside. Stand at distance so there is tension when leg is lifted out to side, (abducted), toward anchor. Place hands on hips or hold on to a stable object. Starting with leg abducted, pull inward and bring legs together.



Hip Extension - Start



Hip Extension - Finish

Hip Extension
(gluteals, hamstrings)

Place Fit Ring just above ankles and from a standing position rest hands on hips or hold a stable object. Push leg backward and contract gluteal. **Tip:** Maintain upright posture and do not attempt to increase range of motion by leaning forward or arching back.



Hip Flexion - Start



Hip Flexion - Finish

Hip Flexion

(hip flexors, rectus femoris of quadricep)

Place Fit Ring just above ankles and from a standing position rest hands on hips or hold a stable object. Push leg forward while maintaining upright posture. **Tip:** Maintain upright posture and do not attempt to increase range of motion by leaning forward or arching back.



Single Arm Pulldown - Start



Single Arm Pulldown - Finish

Single Arm Pulldown

(latissimus dorsi, teres major, rhomboids, lower trapezius, bicep)

Grasp handles and raise hands overhead with palms facing. Pull one handle down, driving elbow toward side of body.



Single Arm Overhead Press - Start



Single Arm Overhead - Finish

Single Arm Overhead Press

(anterior deltoid, trapezius, serratus anterior)

Place one handle across body and anchor fist between chest and shoulder. Grasp other handle and bring to ear level. Press overhead and straighten arm.



Single Arm Pec Fly - Start



Single Arm Pec Fly - Finish

Single Arm Pec Fly

(pectorals, anterior deltoid)

Loop Fit Ring over a stable and unmovable anchor or use another person. stand or kneel parallel to the anchor with arm out to side at shoulder height and elbow slightly bent. Position yourself so fist is in line with anchor when contracted. Keeping elbow bent, lead with thumb and pull toward midline of torso, in front of chest.