

Please read this instruction manual thoroughly before starting and ensure you are familiar with the operation of your new Purple Exercise Ring.

The exercise ring is made of a flexible foam-covered plastic with ergonomic support handles either side. It is designed to provide gentle to moderate resistance in an exercise. DO NOT try to crush it inwards as far as you can.

**Warning:**

When pressing the exercise ring do not release tension too quickly! All exercises should be executed slowly and aiming for muscle control.

**Instructions for use:****Pelvic Floor Muscle Strengthening**

For toning your pelvic floor muscle, sitting down simply place the exercise ring between your thighs and gently squeeze the ring. Keep your back straight, tighten your abdominals.

**For standing exercises:**

Stand with your feet shoulder width apart. Knees can be slightly bent but should not be locked.



Stand upright, relax your neck and shoulders, grip and hold the exercise ring at chest height. Bend your elbows. Exhale, press ring together with both hands for a count of 4. Release, inhale for a count of 4. Repeat 5 times.



Stand upright, feet shoulder width apart, relax your shoulders. Grip and hold the exercise ring behind your back with your elbows bent. Arms parallel.

Using a pulsing motion, push the ring in and release it in a controlled motion. You should feel the exercise in your upper back and triceps.

Note: This is only a small movement.

Your chest should be expanded and abdominals engaged.

The exercise ring should be kept low to start with, raising it as you go along only as high as you can comfortably keep your arms parallel.

## Advanced exercises:



Lie on your back, legs up straight with the exercise ring positioned between your calves. Keep your back pushed into the floor whilst squeezing the exercise ring with your legs.

Optional: Supporting your head with your hands lift head and shoulders off the floor.

### Further advanced:

With your elbows supporting your head, lift up head and shoulders with elbow pointing towards opposite leg.



Lying on your side prop up your elbow, resting the opposite hand on the floor for support. Rest your top leg on top of the exercise ring, the lower leg rests inside the ring, off the floor. Slowly raise your lower leg to touch the upper part of the ring without moving your top leg. Change sides.



## CARE AND CLEANING INSTRUCTIONS:

### DISPOSAL

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.

Head Office, 11 Bridge Street,  
Bishop's Stortford CM23 2JU

Tel: 0844 482 4400\*

Fax: 01279 756 595

[www.coopersofstortford.co.uk](http://www.coopersofstortford.co.uk)

**Coopers**  
OF STORTFORD

\*Calls cost 7 pence per minute plus your  
telephone company's network access charge