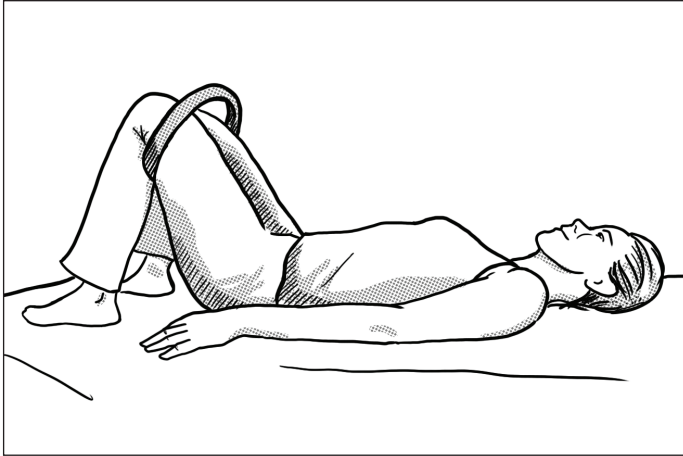


# RING EXERCISES

## HIP & CORE STRENGTHENING

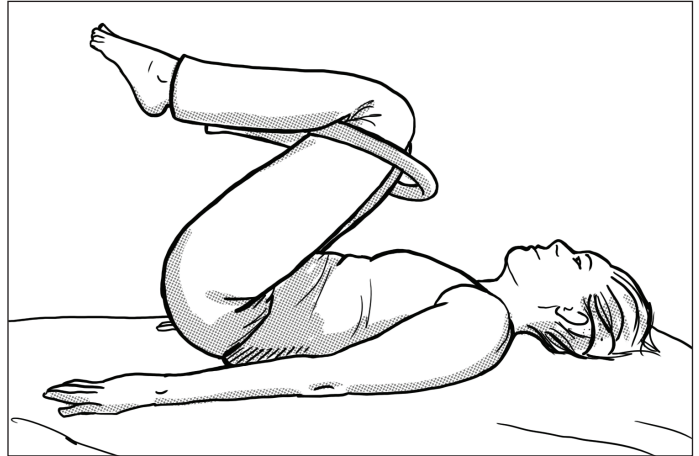
NAME \_\_\_\_\_ DATE \_\_\_\_\_ PERFORM \_\_\_\_\_ TIMES EVERY \_\_\_\_\_ DAY / WEEK

### RING EXERCISE A



#### STEP 1

Lie on your back with knees bent and hands by side, palms down.  
Start with ring on the outside of the knees. Push knees out against the ring.

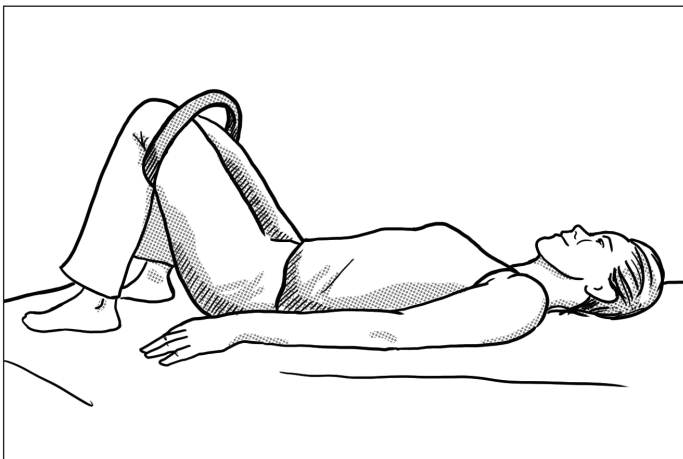


#### STEP 2

Using lower abdominal muscles and arms pressing into floor – lift knees up toward chest far enough to bring hips off of floor (when able). Keep motion slow and controlled. Pulse knees out, then pulse knees up.

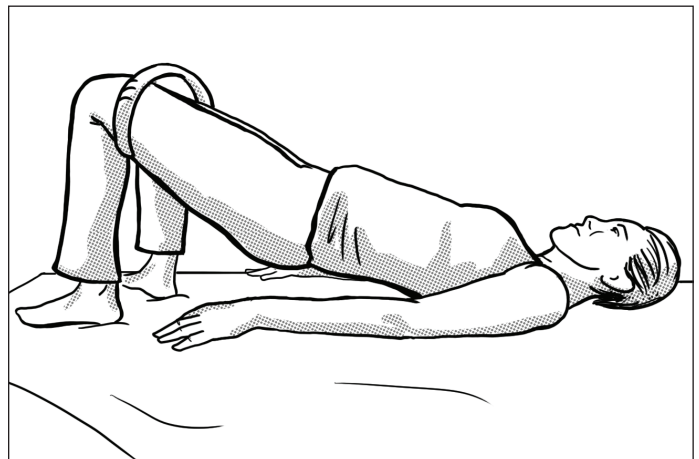
Start with \_\_\_\_\_ reps and \_\_\_\_\_ sets.  
Work toward \_\_\_\_\_ reps and \_\_\_\_\_ sets.

### RING EXERCISE B



#### STEP 1

Lie on your back with knees bent and hands by side, palms down.  
Start with ring on the outside of the knees. Push knees out against the ring.



#### STEP 2

Using low back and hip muscles with arms pressing into floor – press feet into the floor and lift hips off of the floor. Keep motion slow and controlled. Pulse knees out, then pulse hips up.

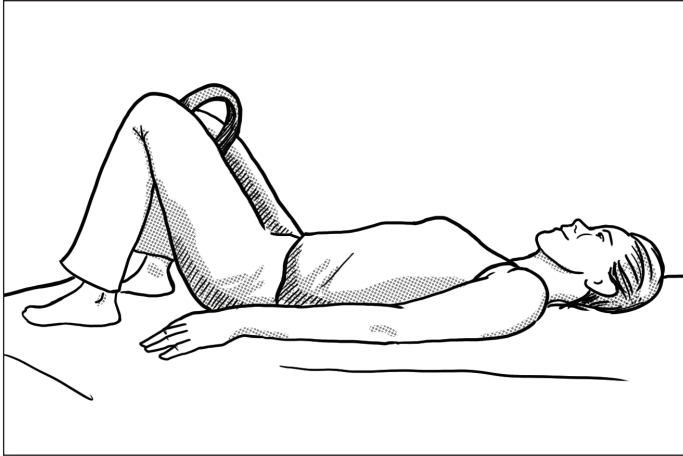
Start with \_\_\_\_\_ reps and \_\_\_\_\_ sets.  
Work toward \_\_\_\_\_ reps and \_\_\_\_\_ sets.

# RING EXERCISES

## HIP & CORE STRENGTHENING

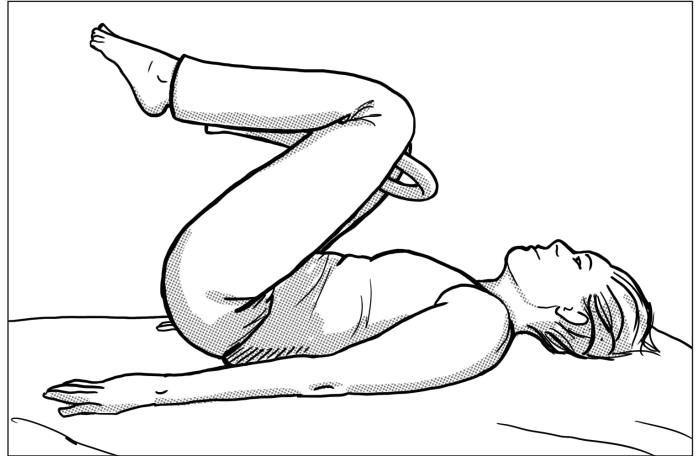
NAME \_\_\_\_\_ DATE \_\_\_\_\_ PERFORM \_\_\_\_\_ TIMES EVERY \_\_\_\_\_ DAY / WEEK

### RING EXERCISE C



#### STEP 1

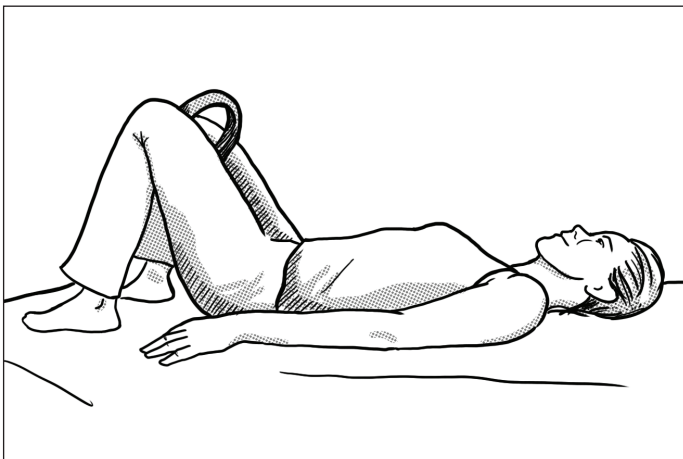
Lie on back with knees bent, hands by side with palms down.  
Start with ring on the inside of the knees. Squeeze knees in against the ring.



#### STEP 2

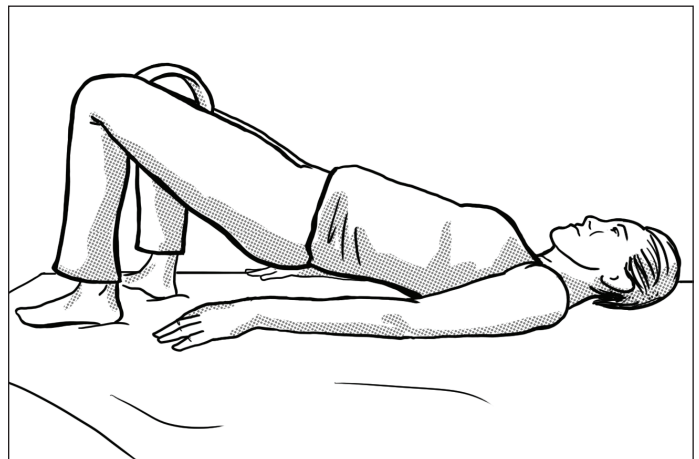
Using lower abdominal muscles and arms pressing into the floor, lift knees up toward chest until the hips come off of the floor. Keep motion slow and controlled. Pulse knees in, then pulse knees up.  
Start with \_\_\_\_\_ reps and \_\_\_\_\_ sets.  
Work toward \_\_\_\_\_ reps and \_\_\_\_\_ sets.

### RING EXERCISE D



#### STEP 1

Lie on back with knees bent, hands by side with palms down.  
Start with ring on the inside of the knees. Squeeze knees in against the ring.



#### STEP 2

Using low back and hip muscles with arms pressing into the floor, press feet into the floor and lift hips off of the floor. Keep motion slow and controlled. Pulse knees in, then pulse hips up.  
Start with \_\_\_\_\_ reps and \_\_\_\_\_ sets.  
Work toward \_\_\_\_\_ reps and \_\_\_\_\_ sets.