



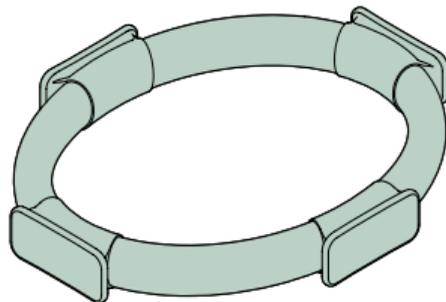
Dear Customer

The pilates training method was developed to target deeper-lying muscle groups that tend to be weaker.

The exercises shown here can be performed at home, either alone or with friends. Your new pilates ring provides intensive resistance training for your chest, arm, leg and back muscles by adding resistance to the deeper-lying muscles and enabling you to hold the positions securely.

The oval shape of the pilates ring allows you to vary the level of resistance during the exercises.

Your Tchibo Team



Pilates Ring

Tchibo GmbH D-22290 Hamburg · 150747AB1X1XVI · 2025-07

www.tchibo.de/instructions



Made exclusively for:

Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number: 725 389

Please note: Correct body posture and precise execution of the exercises are very important in pilates. In these instructions, we can provide you with only a few exercise examples. It is therefore important that you learn pilates under the guidance of a qualified instructor to ensure that you perform the exercises correctly from the start. Performing the exercises incorrectly may damage your health.

Safety warnings

Before embarking on the exercises, carefully read all of the following safety warnings and the exercise instructions to avoid accidental injury or damage. Download the instructions for future reference if needed. If you give the product to someone else to use, refer the person to these instructions.

Intended use

The pilates ring is designed as an aid for gymnastic exercises and is for private household use. It is not suitable for commercial use in fitness centres or therapeutic institutions.

The pilates ring can be loaded with max. 25 kg. Do not overload it!

Important information

Consult your doctor!

- **Before you start exercising, consult your doctor on how much exercise is right for you.**
- If you are significantly physically impaired (e.g. if you wear a pacemaker), if you are pregnant, if you suffer from circulatory disorders, inflammation of the joints or tendons, or if you have an orthopaedic condition, then you must have your exercise programme approved by your doctor. Incorrect or excessive exercising can endanger your health!
- Stop exercising immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercising!

DANGER to children and persons with physical impairments

- Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!
- The pilates ring is not a toy and must be kept out of the reach of infants.

DANGER - risk of injury

- Ensure you have enough room to move around while exercising. Ensure that there are no objects protruding into the exercise area. Leave enough space between yourself and other people.
- Always inspect the pilates ring before use. If it appears to be damaged, torn or broken, do not use it.
- Do not use the pilates ring for other purposes such as for hanging up objects, etc. Do not hang, sit or stand on it.

A few tips for pilates

- Exercise in a warm, quiet place without any distractions.
- Wear loose, comfortable clothing. It is best to do the exercises barefoot or in sports socks. Perform the exercises on a non-slip yoga mat or similar. Remove your watch and any other jewellery.
- Wait for 1-2 hours after eating a light meal, and for 3-4 hours after a large meal before starting your exercises.
- Do not exercise if you are tired or unable to concentrate. Drink plenty of fluids before and after exercising.
- Do warm-up exercises before embarking on the pilates exercises. Always finish your exercises with a relaxation period of at least 5 minutes.
- Discontinue the exercises immediately if you begin to feel pain or discomfort beyond normal muscle pain.

- Adapt the exercises to suit your physical condition. If you are not accustomed to physical exercise, take it slowly to begin with. Perform the exercises slowly and deliberately. Exercise 2-5 times a week.

Please note: Excessive exercising can endanger your health.



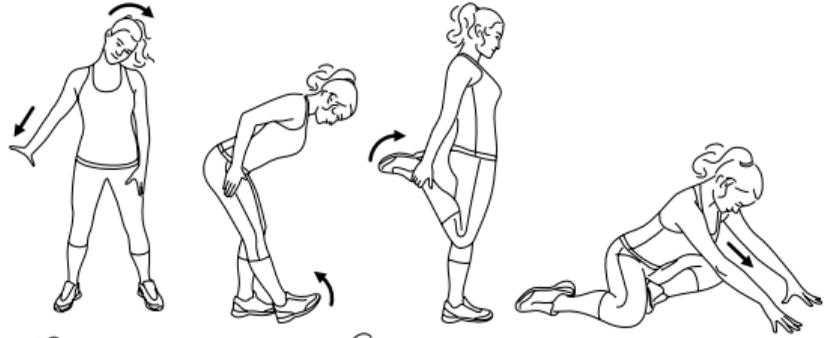
When you do an exercise for the first time, you should perform it in front of a mirror so that you can check your posture.

- Pay attention to your breathing: Breathe deeply, feeling your ribcage expand. Breathe more into your chest, less into your stomach. Use the full capacity in your lungs. Breathe evenly, taking as long to inhale as you do to exhale. Take a break if you start breathing unevenly. This is a sign that your concentration is waning. Pilates is not about your performance. Determine the speed and level of difficulty yourself.
- Ensure that the room in which you exercise is well-ventilated. However, make sure to avoid draughts.

Before exercising: warming up

Warm up for about 10 minutes before exercising, moving all the following body parts in succession as listed here:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

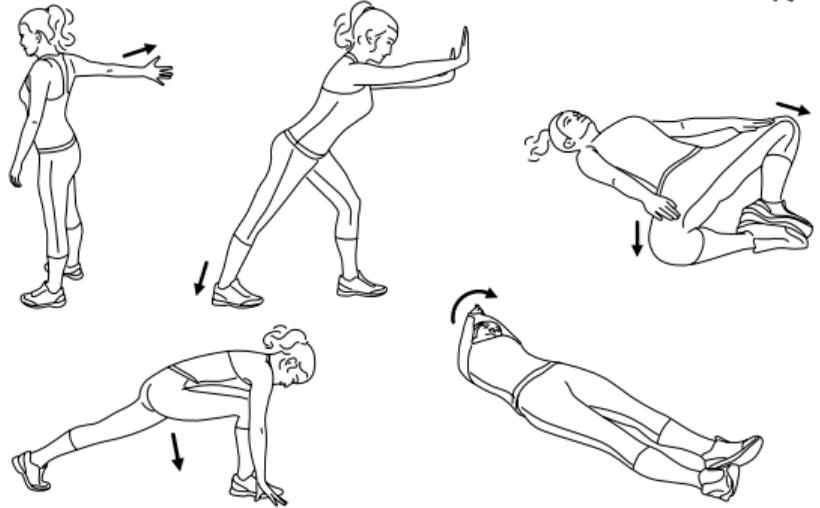


After exercising: stretching

Basic position for all stretching exercises:

Lift your chest, pull your shoulders down, bend your knees slightly, turn the tips of your feet outwards slightly. Keep your back straight.

Hold the positions in the exercises for about 20-35 seconds each.

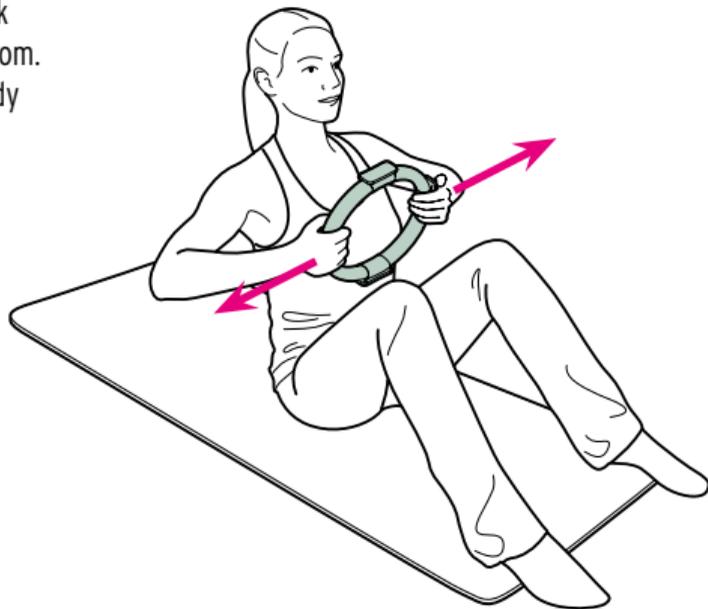
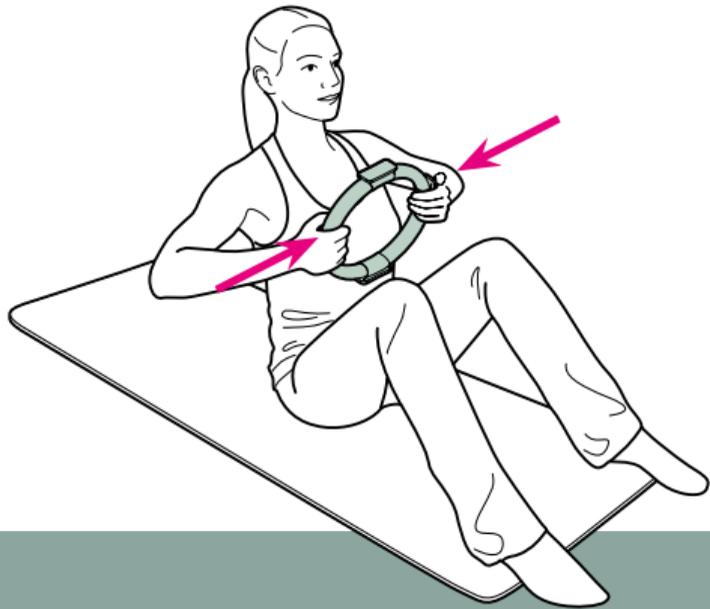


1

Strengthening the chest muscles

Position: Sitting upright, place your legs hip-width apart. Keep your back straight and look straight ahead. Tense your stomach and bottom. Grip the outside of the pilates ring, holding it close to your body at chest height.

Exercise: While exhaling, squeeze the pilates ring, hold for at least 4 seconds, then release slowly.



Variation:

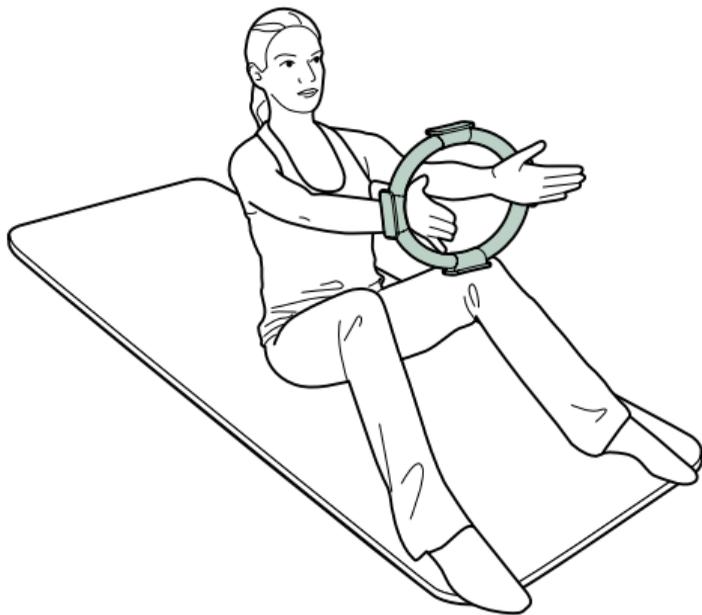
Pull the pilates ring apart

-> trains the **rear shoulder muscles**

Strengthening the triceps and shoulder muscles

Position: Sitting upright, place your legs hip-width apart. Keep your back straight and look straight ahead. Tense your stomach and bottom. With your arms outstretched, hold the pilates ring at chest height, with the backs of your hands inside the ring. Keep it slightly under tension.

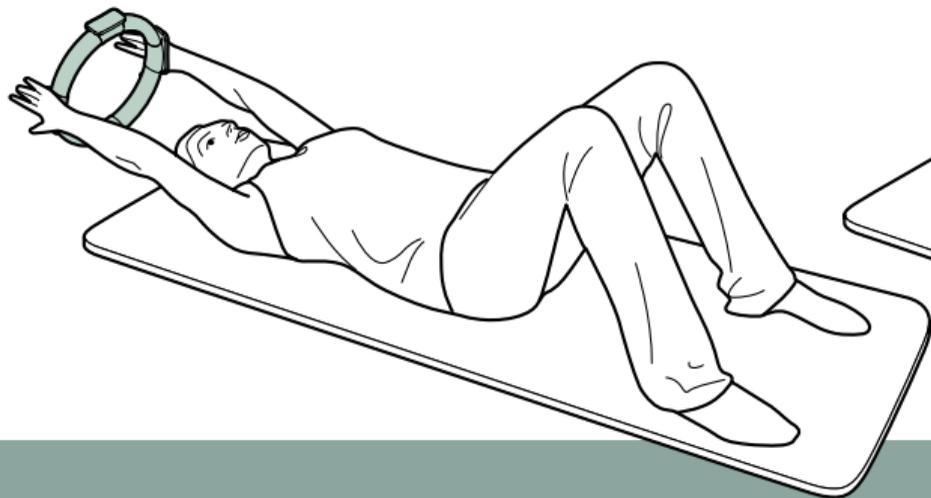
Exercise: While exhaling, press the backs of your hands against the pilates ring, hold for at least 4 seconds, then release slowly.



Straight abdominal muscles

Position: Lie on your back, place your legs hip-width apart.
Tense your stomach and bottom.
Stretch your arms out above your head. Grip the outside of the pilates ring.

Exercise: While exhaling, raise your upper body using your abdominal muscles - do not lead with your head/neck!
Hold for at least 4 seconds, then slowly roll back down onto the floor. (**Warning! Only for advanced users**)



Strengthening the lateral abdominal muscles

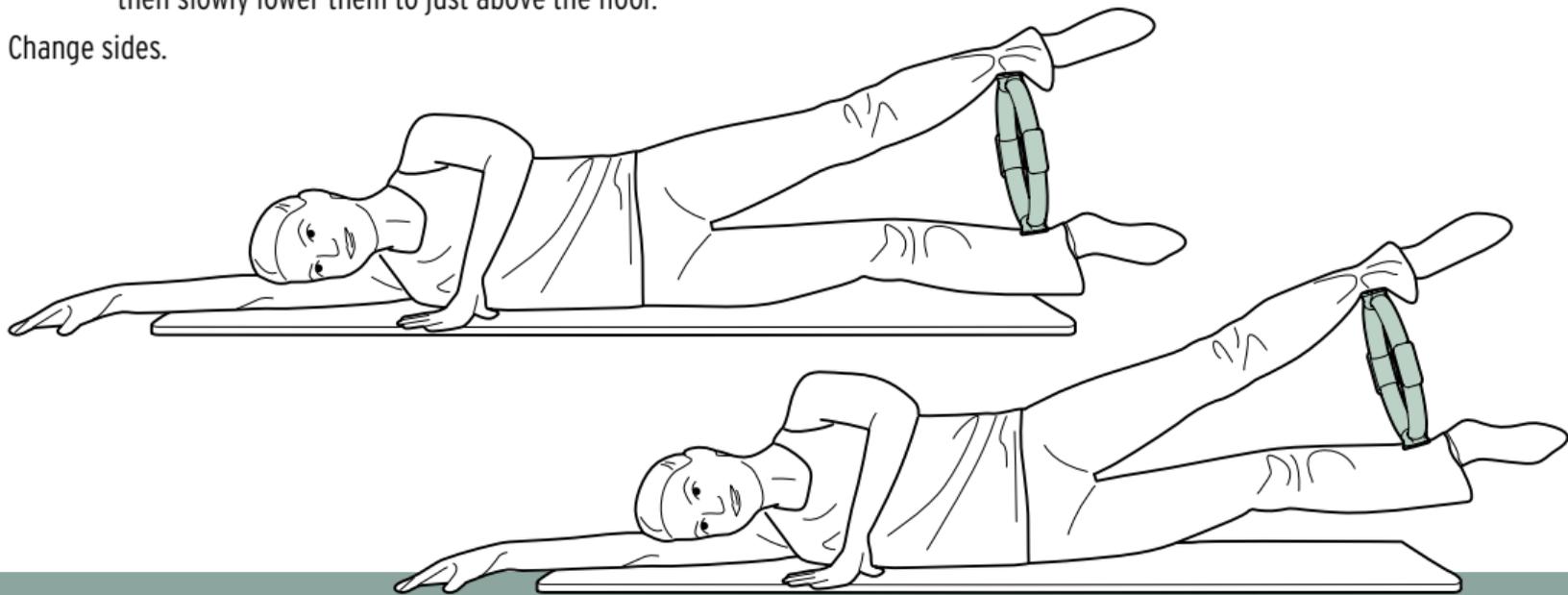
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Position: Lie on your side, legs extended. Rest your head on your lower arm and put your other hand on the floor in front of you for support. Tense your stomach and bottom.

Hold the pilates ring between your lower legs, just above the ankles.

Exercise: While exhaling, raise your legs as far as possible while keeping them extended. Hold for at least 4 seconds, then slowly lower them to just above the floor.

Change sides.



Strengthening the inner thigh muscles

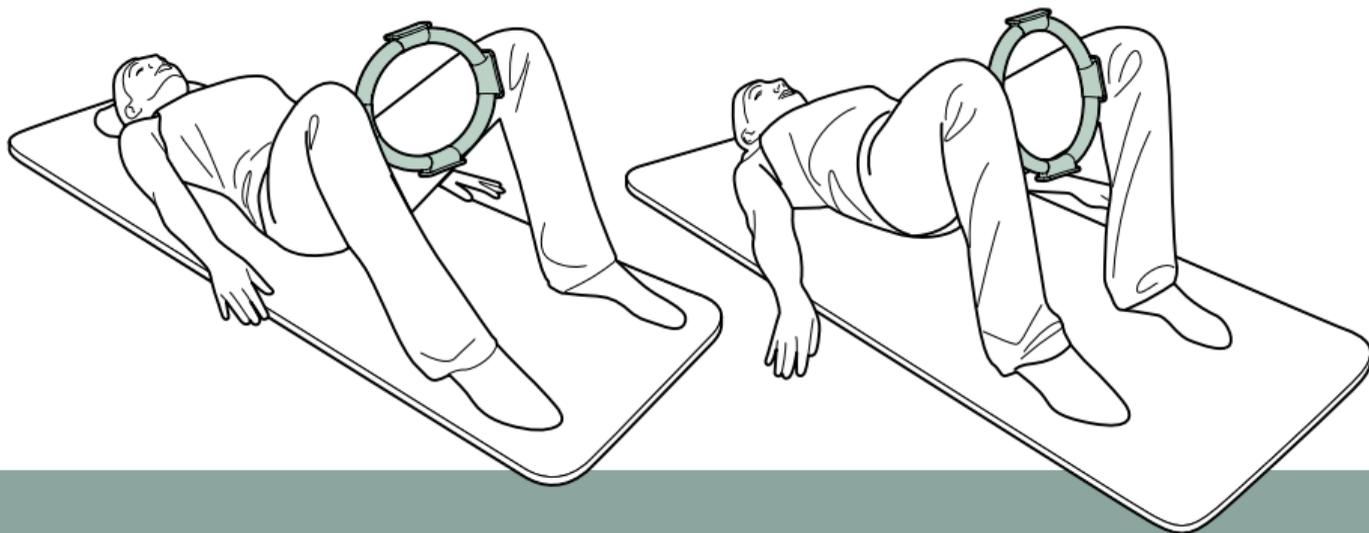
Position: Lie on your back, place your legs hip-width apart. Tense your stomach and bottom. Arms are relaxed at your side. Hold the pilates ring between your thighs.

Exercise: While exhaling, squeeze the pilates ring using your legs, hold for at least 4 seconds, then release slowly.

5

Please note:

For all exercises the pilates ring can be used in a vertical or horizontal position, depending on the preferred level of resistance.



6

Strengthening the lower back, inner + rear thigh muscles

Position: Lie on your back, place your legs hip-width apart.

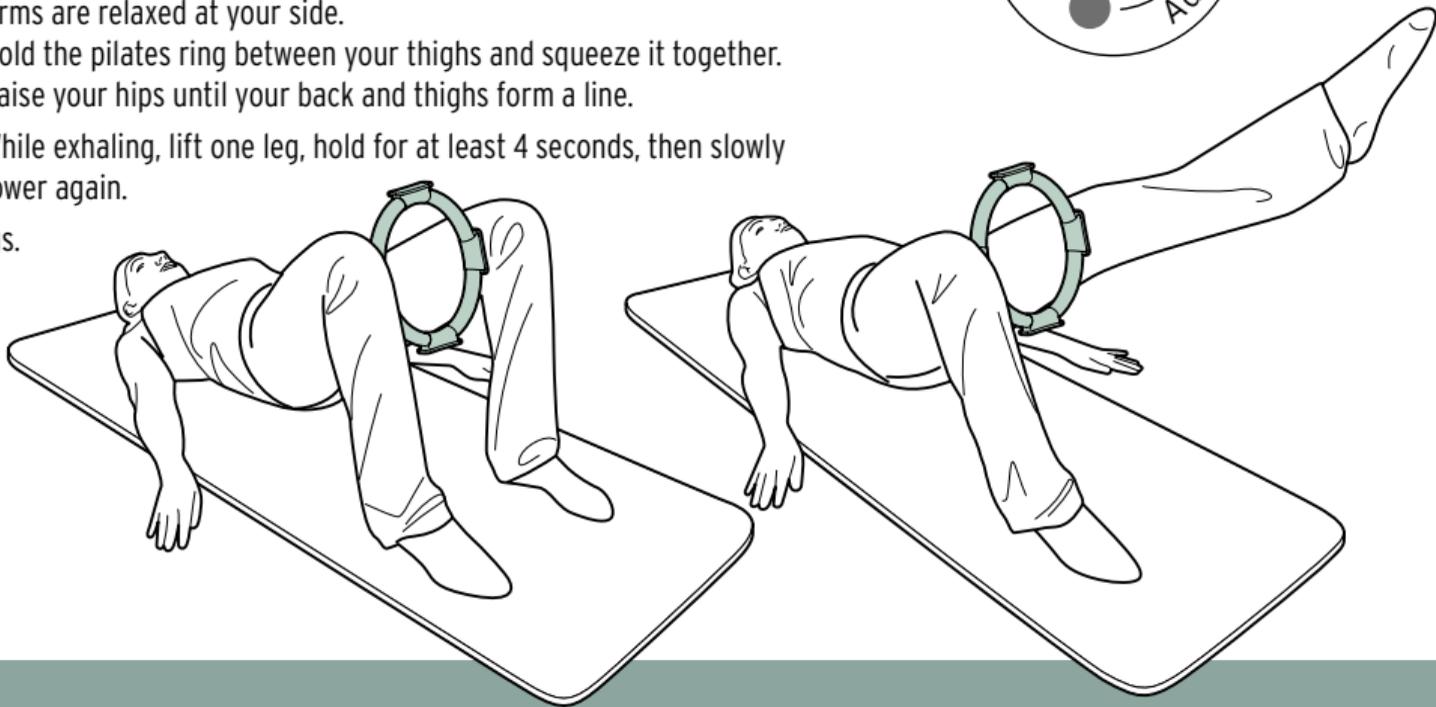
Arms are relaxed at your side.

Hold the pilates ring between your thighs and squeeze it together.

Raise your hips until your back and thighs form a line.

Exercise: While exhaling, lift one leg, hold for at least 4 seconds, then slowly lower again.

Change legs.



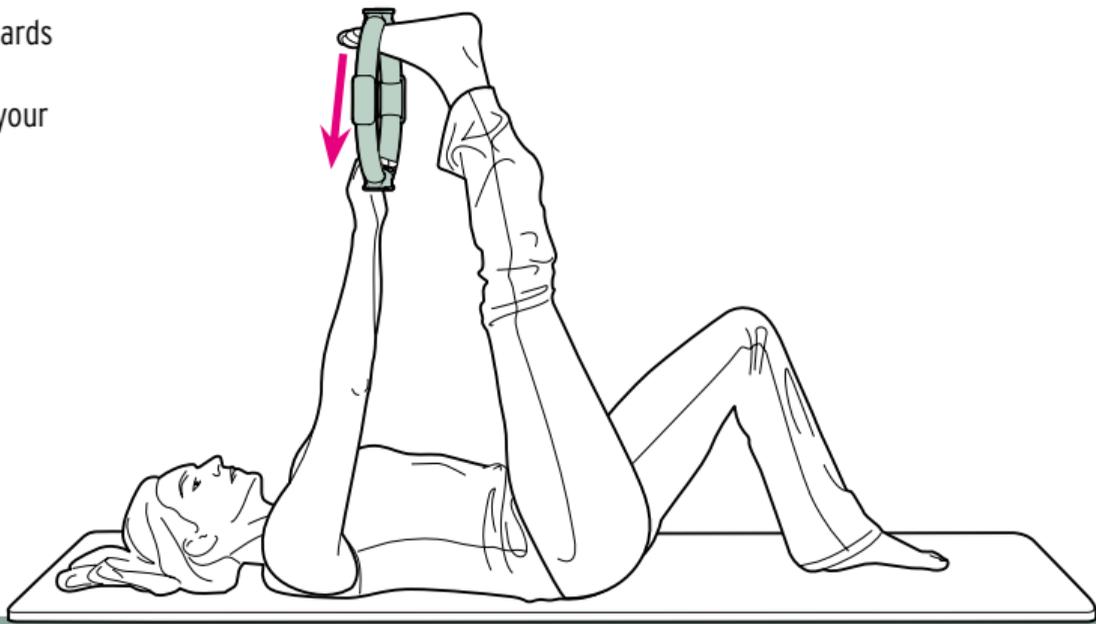
Stretching the back of your legs

Position: Lie on your back with one leg placed on the floor. Grip the pilates ring with both hands and place your other foot inside the ring, keeping it slightly under tension.

Stretching: Fully extend the raised leg and push it towards the ceiling while pulling on the ring. You should feel the stretch in the back of your thigh.

Change sides.

7



Care

The materials of the product are resistant to sweat, but must be cleaned regularly to enable you to maintain a good level of hygiene while training.

▷ Wipe off the pilates ring with a damp cloth as needed.

NOTICE - material damage

- Do not use any cleaning products to clean the pilates ring.
- Store the pilates ring in a place where it is protected against direct sunlight. Do not expose it to temperatures under $-10\text{ }^{\circ}\text{C}$ or over $+50\text{ }^{\circ}\text{C}$. You should also protect it from water, extreme fluctuations in temperature, and high levels of humidity.
- Some varnishes, synthetic substances and floor care products may react adversely with the material of the product and soften it. To avoid unwanted marks on the floor, place a non-slip mat underneath the product if necessary and store it in a suitable box for example.



Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Leave the pilates ring to air well before using it for the first time. The odour will disappear after a short while.