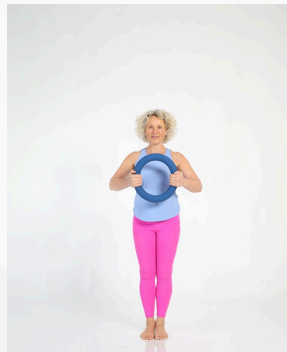


Exercises with the FASZIO Ring

1 Raising the ring overhead



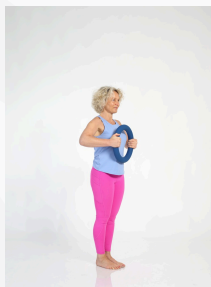
1.1



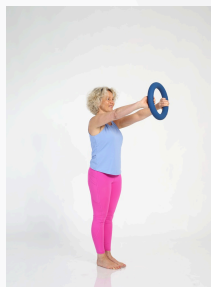
1.2

Stand upright and hold the ring in front of the chest with both hands. Raise the ring overhead, then lower it back down.

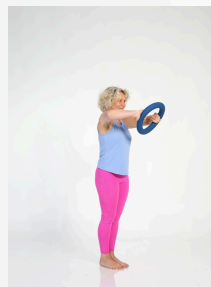
2 Varying arm positions



2.1



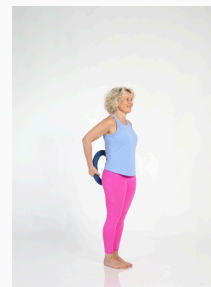
2.2



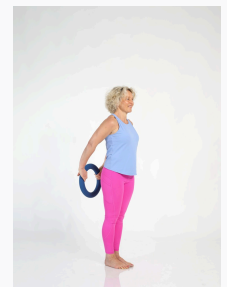
2.3



2.4



2.5



2.6

Hold the ring in front of the chest. The sequence shows arm positions in front of the body, overhead, and behind the back, as well as different grip positions.

3 Side bending with crossed legs



3.1



3.2

Cross the legs and bend the torso to the side, holding the ring with both hands. The second position shows the ring held overhead with one hand.

Exercises with the FASZIO Ring

4 Holding the ring between the thighs



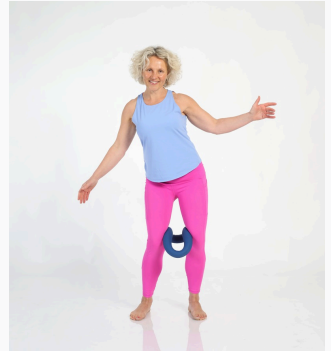
4.1



4.2



4.3



4.4

Hold the ring between the thighs, just above the knees. Change the shape of the ring and shift weight from side to side with the arms open.

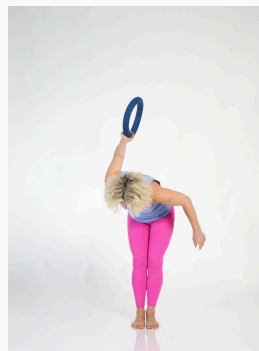
5 Bending the torso in different directions



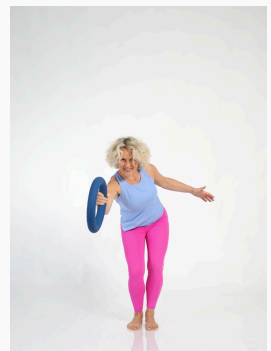
5.1



5.2



5.3



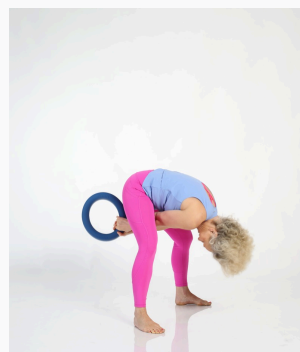
5.4

Hold the ring with one hand. The sequence shows a side bend and different forward bends, with changes in the position of the arm holding the ring.

6 Bending forward with the ring



6.1



6.2

Stand with the feet apart and hold the ring in front of the chest. Bend the knees and lean the torso forward and down, moving the ring with the body.

Exercises with the FASZIO Ring

7 Rotating and reshaping the ring



7.1



7.2



7.3



7.4

Hold the ring in front of the chest with both hands. Rotate the ring and change its shape by varying hand positions.

8 Lowering and squeezing the ring



8.1



8.2

Hold the ring overhead with both hands. Lower it in front of the chest while squeezing it from both sides.

9 Shifting weight in a wide stance



9.1



9.2



9.3

Stand with the feet wide apart and hold the ring in front of the chest. Shift weight to one side, bend one knee, and move the ring diagonally toward that side.

10 Moving the ring with the foot



10.1



10.2



10.3



10.4

Pick up the ring with the forefoot. Balance on one leg and move the other leg forward, to the side, and across the midline, using the arms to accompany the movement.

Exercises with the FASZIO Ring

11 Moving the ring on hands and knees



11.1



11.2



11.3



11.4

Hold the ring with the foot and raise the leg from a hands-and-knees position. The sequence shows bent and straight leg positions with different upper-body support positions.

12 Side bending and rotating in a side-sitting position



12.1



12.2



12.3



12.4

Sit with the legs folded to one side. Support the body with one hand on the mat and hold the ring with the other. Raise the ring overhead and bend or rotate the torso.

13 Leg positions while lying on the back



13.1



13.2

Lie on the back with the arms resting overhead and the legs bent. The sequence shows the legs in an open position and with the knees raised and feet on the mat.

14 Standing on the ring



14.1



14.2



14.3



14.4

Place the ring flat on the mat and position both feet on it. Maintain balance with the knees slightly bent and vary the arm position.