

# POWER RINGS



The Power Ring develops flexibility and torso stability while targeting and toning the abs, legs and arms. Power Rings are available in a choice of diameters to suit individual needs and a range of resistances to accommodate both the seasoned exerciser and the beginner.

## Rocker

### target muscles:

- Back extensors
- hamstrings

### origin:

- back extensors - transverse processes and spinous processes of cervical, thoracic, lumbar spine and sacrum
- hamstrings - linea aspera and ischial tuberosity

### insertion:

- back extensors - spinous processes and (for some) between the transverse processes of cervical, thoracic and lumbar spine, occipital bone
- hamstrings - fibula and various aspects of tibia

### teaching points:

- keep the head in line with the spine
- maintain shoulder stability
- keep the hip bones and pubic bone connected to the floor
- draw the navel away from the floor

### visualisation cues:

- draw the navel to the spine
- simulate the action of a rocking horse

### start position:



- lie prone with the knees bent and the ring positioned midway up the lower leg
- place the arms by the sides of the body with the palms facing the outside of the thighs
- stabilise the shoulders and shoulder blades

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- lower the legs towards the floor and float the chest and head away from the floor
- inhale and hold

### finish position:

- exhale and gently return to the start position

### options:

- to reduce the effort, perform the leg action and chest lifting separately

## Supine Adduction with Abdominal Curl

### target muscles:

- Adductor magnus, longus and brevis
- gracilis, pectineus
- Rectus abdominis

### origin:

- adductors - various aspects of pubis, ischium and ischial tuberosity
- gracilis, pectineus - pubic bone
- Rectus abdominis - pubic crest

### insertion:

- adductors - various aspects of linea aspera
- gracilis, pectineus - tibia and femur respectively
- Rectus abdominis - 5th, 6th, 7th ribs, xyphoid process

### teaching points:

- maintain a neutral spine
- stabilise the trunk - shoulder, core and pelvic complexes

### visualisation cues:

- draw the navel to the spine
- should be able to slip a piece of paper between the lower back and the floor

### start position:



- lie on the back in neutral position
- position the feet hip width apart
- place the ring between the lower thighs and compress until the knees are hip distance apart

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- nod the chin toward the chest and lift the scapular off the floor
- reach the fingers towards the feet
- inhale and hold

### finish position:

- exhale and gently release the upper body back to the floor

### options:

- to increase the stability challenge, place the fingers by the temples

## Supine Biceps Curl

### target muscles:

- Biceps brachii
- brachialis

### origin:

- Biceps brachii - scapula
- brachialis - humerus

### insertion:

- biceps brachii - radius, deep fascia of forearm
- brachialis - ulna

### teaching points:

- maintain a neutral spine
- stabilise the trunk - shoulder, core and pelvic complexes
- keep the elbows drawn in to each other

### visualisation cues:

- draw the navel to the spine
- should be able to slip a piece of paper between the lower back and the floor

### start position:



- lie on the back in neutral position
- position the feet hip width apart
- place the ring above the head with the hands resting on it
- position the elbows directly above the shoulders

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- press on the ring
- inhale and hold

### finish position:

- exhale and gently release the ring back to its original shape

### options:

- to increase the stability challenge, lift one foot off the floor

## Squat

### target muscles:

- Gluteus maximus

### origin:

- iliac crest, sacrum, coccyx, sacral ligaments

### insertion:

- iliotibial band, femur

### teaching points:

- keep the knees the same distance apart throughout, tracking over the second toe
- maintain a lengthened spine and core stability
- evenly distribute the body weight through the feet
- hip hinge

### visualisation cues:

- keep the ribs and hips the same distance apart - rib/hip check
- imagine going to sit on a chair but then changing your mind

### start position:



- stand tall in neutral posture
- hold the ring centrally in front of the chest
- apply pressure to the ring

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- bend at the hips, knees and ankles, pressing the bottom back
- inhale and hold

### finish position:

- exhale and return to tall standing with shoulders, hips, knees and ankles aligned

### options:

- to layer in balance do a single leg squat

## Side Lying Abduction

### target muscles:

- Gluteus maximus, minimus & medius (abductors)
- tensor fascia latae

### origin:

- abductors - ilium, sacrum, coccyx
- tensor fascia latae - iliac crest

### insertion:

- abductors - femur
- tensor fascia latae - iliotibial tract

### teaching points:

- maintain a lengthened spine and trunk stability
- keep the legs extended
- avoid pressing the head into the supporting arm

### visualisation cues:

- imagine the body being between two panes of glass
- draw the navel to the spine
- should be able to slip a piece of paper between the waist and the floor

### start position:



- lie on the side in neutral position
- place the bottom leg through the ring and rest the ankle on the handle
- rest the ankle of the top leg on the handle outside the ring

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- lift the bottom leg away from the handle towards the top of the ring
- inhale and hold

### finish position:

- exhale and return to the start position

### options:

- to add mobility, point and flex the ankle on the lift

## Standing Triceps Press

### target muscles:

- Triceps brachii

### origin:

- scapular, humerus

### insertion:

- ulna

### teaching points:

- keep the elbows pulling in towards one another
- stabilise the shoulders
- maintain a lengthened spine and trunk stability

### visualisation cues:

- imagine the spine as a string of pearls lengthened from floor to ceiling
- think about magnets on the inside edge of the elbows drawing them together

### start position:



- hold the ring centrally behind the back
- lengthen the arms
- apply a little pressure to the ring

### transitional phase:



- exhale, engaging the deep abdominals and pelvic floor
- bend the elbows pulling the ring upwards
- inhale and hold

### finish position:

- exhale and return the arms to the start position

### options:

- to increase stability demands, do the exercise standing on one leg

## Lorna Malcolm

As well as lecturing in further education, Lorna writes for and consults on various trade and consumer magazines and was voted Fitness Professionals Fitness Leader of the Year in 1999. Lorna is a Physical Company Master Trainer, a Pure Energy presenter and is the UK Gravity Master Trainer, specialising in Gravity Group Strength and Gravity Personal Training.