

Pilates Magic Circle Program



The Pilates Magic Circle is a very useful exercise tool and is not just for Pilates specific exercises. Try incorporating it with these Power Plate exercises for an added challenge and burn.



Single Leg Balance with Pulsing Hip Abduction

30 Hz / 30 Sec / Low Amplitude

Coaching Tips: Keep both legs slightly bent with ring just below knees. Avoid leaning with the upper body and keep shoulders directly over hips.



V-Sit with Overhead or Chest Squeeze

30 Hz / 45 Sec / Low Amplitude

Coaching Tips: Keep shoulders relaxed and away from ears. Back can be flat or slightly rounded.



Push-Up with Hip Adduction

30 Hz / 45 Sec / Low Amplitude

Coaching Tips: Place circle in between mid calves. Keep core engaged and avoid hips piking or drooping.



Hamstring Curl with Adduction

40 Hz / 45 Sec / High Amplitude

Coaching Tips: Place circle in between legs slightly above ankles. Keep toes pointed so that ProMotion handles stay on feet. Pull naval up and away from the deck to avoid lower back tension.



Single Leg Bridge with Leg extension

30 Hz / 45 Sec / Low Amplitude

Coaching Tips: Lay supine on deck. Keep hips level throughout exercise. Keep pressure equal throughout the sole of the foot on the Power Plate.