

# Fitness Circle® Pro

available in 12" or 14" diameter

Add extra resistance to any workout.

The original, sprung-steel Fitness Circle Pro features firm resistance and molded latex-free grips. This multifunctional prop can be used to add both upper and lower body resistance encouraging proper alignment and increasing proprioceptive awareness. Available in two sizes to accommodate needs for comfort and ease of use. 12" recommended for clients 5'2" or less.

## Product Specifications

- ▶ Width 12" or 14" diameter
- ▶ Weight 1.25 lbs



# Rotational Disks

available in 10" or 12" diameter

Add variety and increase flexibility.



Sturdy and versatile, Rotational Disks can improve strength through rotation and add variety and challenge to Matwork, Cadillac, Stability Chair and Reformer exercises. Used alone or in pairs, they are perfect for testing balance and stability as well as increasing rotation in hip and shoulder joints. Can be used in supine, prone, standing, kneeling and quadruped positions, isolating movement to upper or lower torso. The highly moveable disks create instability, challenging unilateral and bilateral stabilization to resist undesirable movements and can also be used to allow greater ranges of rotation or lateral flexion through the spine at any fitness level. Baltic Birch construction. Sold in pairs. Available in two sizes to accommodate client needs for comfort and ease of use. Foot size and hip width are important considerations.

## Product Specifications

- ▶ Width 10" or 12" diameter
- ▶ Weight 10" pair 5 lb; 12" pair 7 lb

## Questions?

Call us at 416-482-4050 x 264 or toll-free at 1-800-910-0001,  
email [equipment@stottpilates.com](mailto:equipment@stottpilates.com) or visit [www.stottpilates.com](http://www.stottpilates.com)