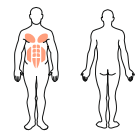
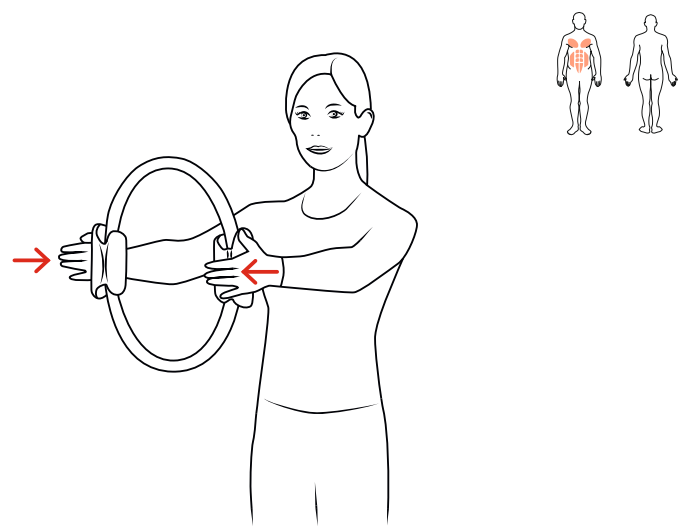




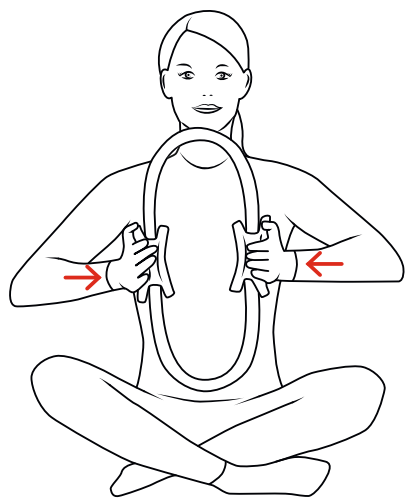
The natural way

SISSEL® PILATES CIRCLE & PILATES CIRCLE COMPACT

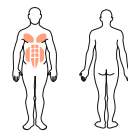
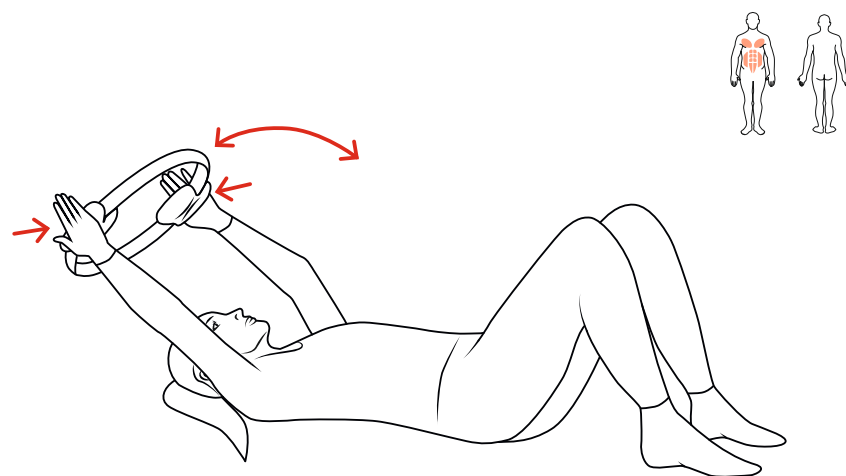
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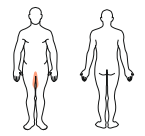
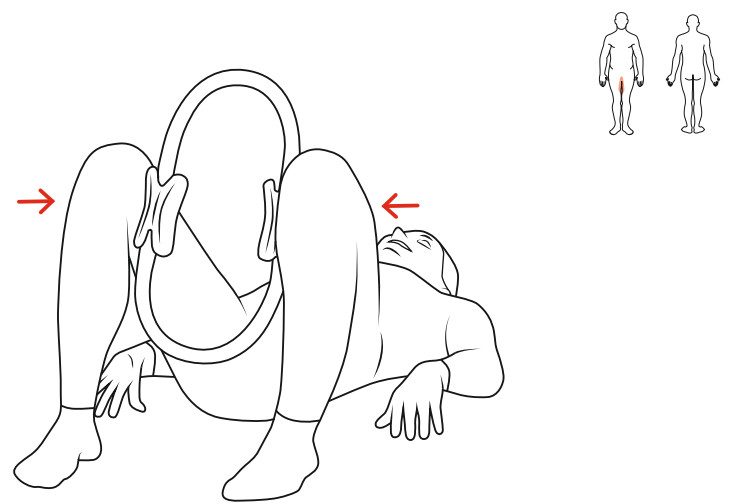
VARIATION



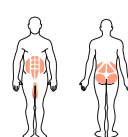
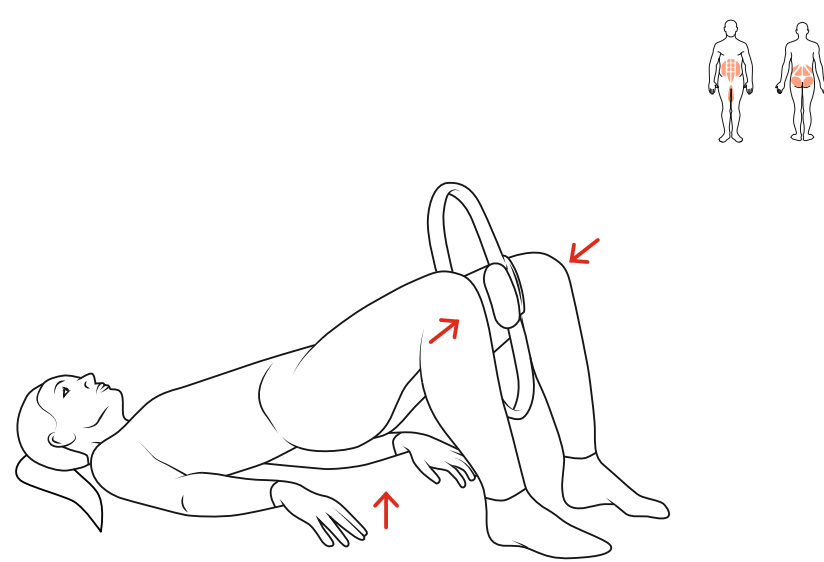
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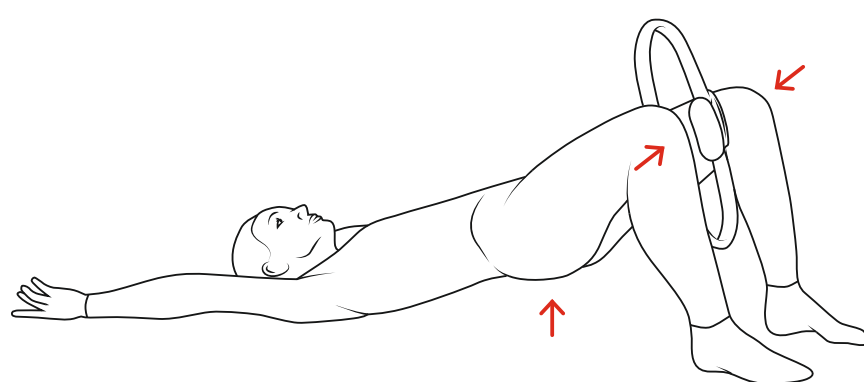
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4



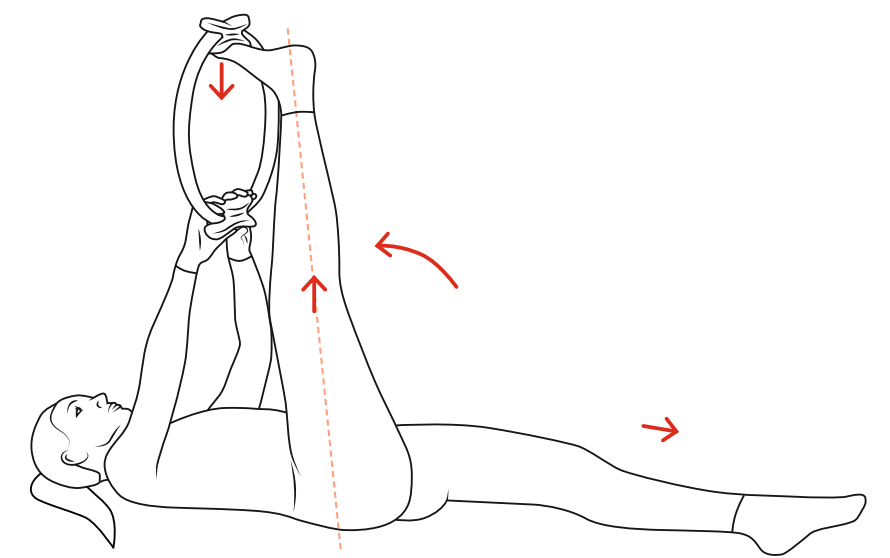
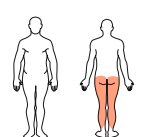
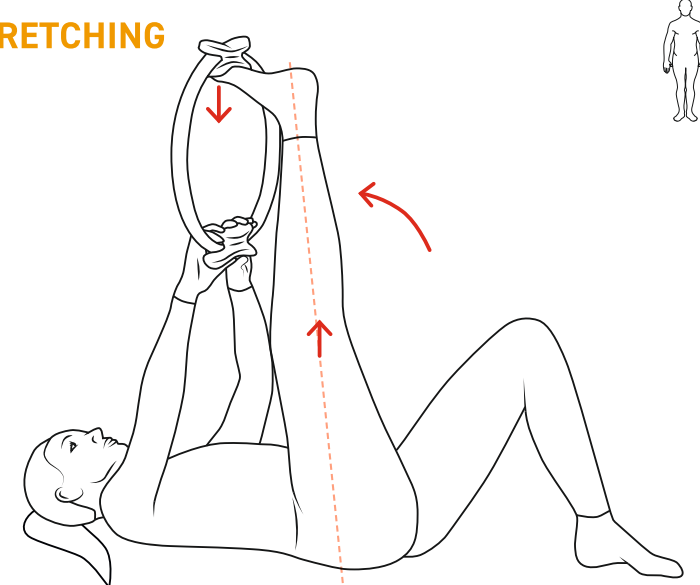
VARIATION



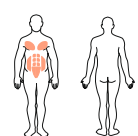
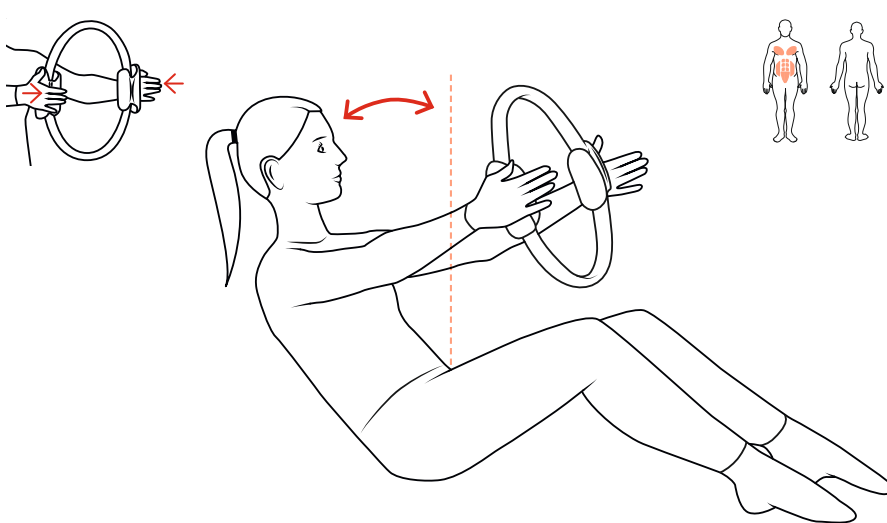
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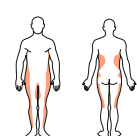
STRETCHING



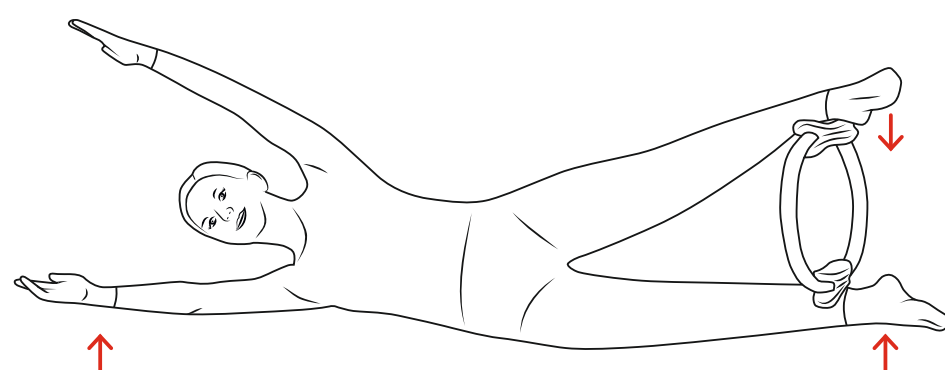
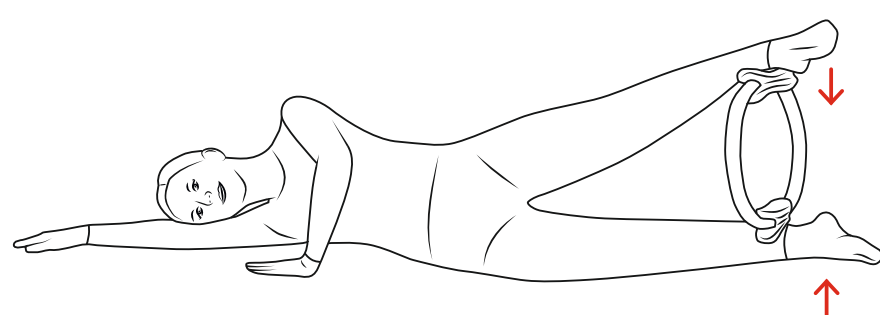
6



7



VARIATION



EN Note: Use the product only if you can ensure the correct execution of the described exercise recommendations. If there are uncertainties, you must be instructed by appropriate specialists. Check the product for damage before each use and stop using if defects are detected.

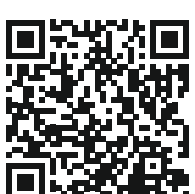
DE Hinweis: Verwenden Sie das Produkt nur, wenn Sie eine korrekte Durchführung der beschriebenen Übungsempfehlungen sicherstellen können. Sollten Unsicherheiten bestehen, lassen Sie sich unbedingt von entsprechendem Fachpersonal unterweisen. Überprüfen Sie das Produkt vor jedem Gebrauch auf Beschädigungen und beenden Sie die Verwendung, wenn Defekte festgestellt werden.

FR Note: Utilisez le produit seulement si vous pouvez assurer la mise en oeuvre correcte des recommandations d'exercice décrites. S'il y a des incertitudes, vous devez être informé par des spécialistes compétents. Vérifiez si le produit est endommagé avant chaque utilisation et arrêtez d'utiliser si des défauts sont détectés.

NL Opmerking: Gebruik het product alleen als u de correcte uitvoering van de beschreven oefening aanbevelingen kunt garanderen. Als er onzekerheden zijn, moet u worden geïnstrueerd door de juiste specialisten. Controleer het product voor elk gebruik op schade en stop het gebruik als er gebreken worden gedetecteerd.

ES Nota: Utilice el producto solo si puede garantizar la correcta implementación de las recomendaciones de ejercicio descritas. Si hay incertidumbres, usted debe ser instruido por los especialistas apropiados. Compruebe si el producto está dañado antes de cada uso y deje de usar si se detectan defectos.

IT Nota: Utilizzare il prodotto solo se è possibile garantire la corretta attuazione delle raccomandazioni di esercizio descritte. In caso di incertezze, dovete essere istruiti da specialisti appropriati. Controllare i danni del prodotto prima di ogni uso e interrompere l'uso se vengono rilevati difetti.



Duration



Repetition



Switch sides