

MAGIC CIRCLE ARM SERIES



Starting position

- Hold onto the magic circle at chest height, pressing with the heel of your hands, keeping your fingers relaxed



Movement

- Press the circle with your elbows bent out to the sides
- Maintain tension in the circle and use small pumps
- Draw your shoulder blades in and down your back



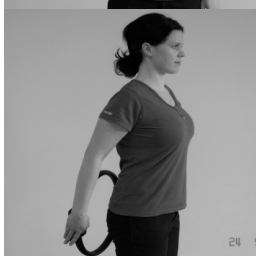
Progression 1

- Progress the exercise by straightening your arms in front of you
- Keep wide across the front of your chest throughout the exercise, do not let your shoulders roll forward



Progression 2

- Lift your arms up in front of you, keeping your shoulder blades drawing down your back
- Pump the circle, keeping your chest open
- Only lift up your arms as far as you can without elevating the shoulders



Single Arm Side Press - Starting Position

- Hold the circle in one hand and rest it against your side just below your hip bone
- Your elbow should be slightly bent
- Set the muscles between your shoulder blades

Movement

- Pump the circle, keeping your shoulder and neck muscles relaxed and your scapula drawn in
- Don't let your shoulder roll forward

Back Press – Starting Position

- Hold the circle behind your back with the heel of your hands

Movement

- Squeeze your shoulder blades together and open up your chest
- Press the heel of your hands in to the circle and keep your muscles engaged for 10 presses
- NB the circle may not press in like it does in the previous exercises but keep your posture upright and your muscles engaged