

## Black Mountain Products®

Read all warnings and precautionary statements to reduce risk of injury when using your Pilates Bar.

1. Consult your physician before beginning any regular exercise program.
2. Always examine your B.M.P.® Pilates Bar and resistance bands for any defects, cuts, tears or imperfections before use. If there are any imperfections, stop using immediately and contact B.M.P.® support.
3. Do not use your B.M.P.® Pilates Bar for anything other than exercise.
4. If you feel any pain or experience any dizziness while exercising, you should stop immediately.
5. Black Mountain Products does not assume responsibility for misuse of Pilates Bar or resistance bands as stated in this manual.
6. Use the B.M.P.® Pilates Bar only as directed.
7. Children under the age of 18 should only use under adult supervision.

### Warranty:

1. All Pilates Bars are fully warrantied.
2. Contact Black Mountain Products® by telephone, e-mail or online if there are any missing, damaged, or defective parts.
3. Warranty does not cover any incidental damage.
4. Void where limited or prohibited by law.
5. B.M.P.® reserves the right to alter the warranty at any time.

### Warranty Support:

[blackmountainproducts.com/request-a-replacement](https://blackmountainproducts.com/request-a-replacement)

Telephone: 815-322-2028

Office hours: 8:00am to 4:00pm (CST) M-F

Visit us at [blackmountainproducts.com](https://blackmountainproducts.com)

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**BLACK MOUNTAIN  
PRODUCTS**

*Reach Your Peak Performance!*

Pilates Bar



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## Exercises

### 1) Standing Bicep Curls

1. Place both feet hip width apart with feet inside handle loops.
2. Stand tall with hands gripping bar and keep core engaged.
3. Lock elbows against rib cage and relax shoulders.
4. Begin with a deep breath, exhale, and bend arms forward, bringing palms to front of shoulders.
5. Inhale and return to the starting position with control.
6. Repeat for desired number of reps.

### 2) Tricep Extension

1. Extend arms straight over your head, gripping Pilates Bar with inner arms parallel to the side of head.
2. Stand with torso slightly forward, core engaged.
3. Inhale while bending elbows to approximately 90 degrees so that the bar is directly behind your head
4. Exhale and fully extend arms upward.
5. Inhale and return to the starting position with control.
6. Repeat for desired number of reps.

### 3) Overhead Press

1. Place both feet hip width apart with feet inside handle loops.
2. Stand with your torso slightly forward, core engaged and raise Pilates Bar to be level with shoulders.
3. Begin with a deep breath - exhale and raise both hands upwards.
4. Inhale and return to your starting position with control.
5. Repeat for desired number of reps.

### 4) Squats

1. Place both feet hip width apart with feet inside handle loops.
2. Place Pilates Bar on shoulders behind neck, palms facing forward, keeping elbows tucked in.
3. Stand tall, core engaged. Begin by inhaling and pushing hips down and back as if sitting in a chair.
4. Keep chest lifted, body weight in heels, knees in line with ankles.
5. Exhale and press back up to the starting position. Repeat for desired number of reps.

9



10



11



12



### 9) Overhead Squats

1. Place both feet hip width apart with feet inside handle loops.
2. Place Pilates Bar over your head, palms facing forward, keeping elbows locked.
3. Stand tall, core engaged. Begin by inhaling and pushing hips down and back as if sitting in a chair.
4. Keep chest lifted, body weight in heels, knees in line with ankles.
5. Exhale and press back up to the starting position. Repeat for desired number of reps.

### 10) Lunges

1. Place both feet hip width apart with feet inside handle loops staggering your feet.
2. Keep elbows near rib cage, bringing Pilates Bar behind your head resting on your shoulders.
3. Step back with left foot so that the left heel naturally lifts.
4. Stand tall, core engaged.
5. Begin with a deep breath and lower hips towards the floor bending your left knee until it is a few inches off floor. Avoid leaning forward.
7. Exhale and return to the starting position, pressing the right heel into the floor as you rise.
8. Repeat for desired number of reps then switch sides.

### 11) Lunge Twist

1. Place both feet hip width apart with feet inside handle loops staggering your feet.
2. Keep elbows near rib cage, bringing Pilates Bar behind your head resting on your shoulders.
3. Step back with left foot so that the left heel naturally lifts.
4. Stand tall, core engaged.
5. Begin with a deep breath and lower hips towards the floor bending your left knee until it is a few inches off floor. Avoid leaning forward, slightly twisting shoulders to the right.
7. Exhale and return to the starting position, pressing the right heel into the floor as you rise.
9. Repeat for desired number of reps then switch sides.

### 12) Good Mornings

1. Place both feet hip width apart with feet inside handle loops.
2. Place Pilates Bar on your shoulders, behind your neck.
3. With your knees slightly bent, keep your back straight and bend over until you feel a stretch in your hamstrings.
4. Exhale and return to starting position. Repeat for desired number of reps.

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4



### 5) Leg Raises

1. While lying on your back, hold Pilates Bar directly above chest with your feet looped in the handles.
2. Keep arms locked, exhale and raise legs (keeping them straight) parallel to bar.
3. Inhale and lower legs to starting position.
4. Repeat for desired number of reps.

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### 6) Bicycle Crunches

1. In a seated position, place Pilates Bar behind your head and loop handles around your feet.
2. While keeping your back straight, lean back and lift your knees while keeping them slightly bent in a tucked position.
3. Exhale and extend one leg forward.
4. Inhale and return to starting position.
5. Exhale and extend other leg forward. Repeat for desired number of reps.

6



### 7) Glute Kickbacks

1. While in a kneeling position, with palms flat, place Pilates bar directly under your hands in line with your shoulders.
2. With the loop handles around your feet, exhale and extend your leg straight back while flexing your heel.
3. Continue for desired number of reps and switch legs.

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### 8) Adductor Leg Raises

1. While standing in a neutral position, place the end of the loops on both feet.
2. With your feet shoulder width apart, place the Pilates Bar on your shoulders, behind your neck.
3. Once you feel stabilized, lift your right foot forward.
4. While keeping your heel flexed and your toes forward, exhale and cross your right leg in front of your left to a height you feel comfortable with.
5. Inhale and return to starting position.
6. Continue for desired number of reps and switch legs.

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