



Moves & Settings



Congratulations...

You are now the proud owner of P.Y.G. one of the most effective, and versatile fitness machines on the planet. P.Y.G. keeps you moving, in shape, and perpetually interested.

This guide familiarizes you with the machine's settings and where to put the attachments for many of the moves which have been grouped together for the most efficient work out. Once you get the hang of it, use it as an easy reference guide.

The Pilates Yoga Gym... This is your chance to renew your life.

IT'S ALL ABOUT THE “D” RINGS

The illustrations feature how the springs, straps, or pulleys attach to the D Ring settings. You'll be clipping onto D1, D2, D3, or D4. These settings determine the angle and tension of your workout.
(See website for details)

This guide serves as a...
quick and easy reference to the movements...

For full instruction on each of the movements please visit
www.pilatesyogagym.com/moves

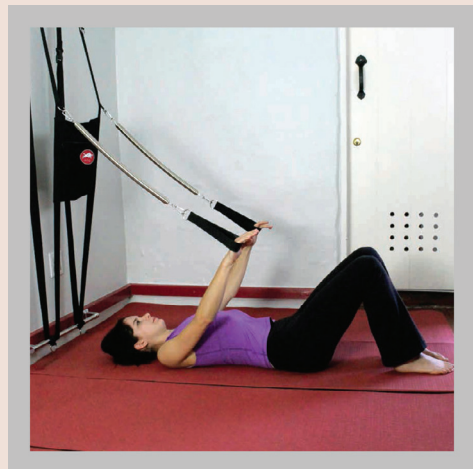
PILATES...

Attachments:
Pilates Springs
Handles

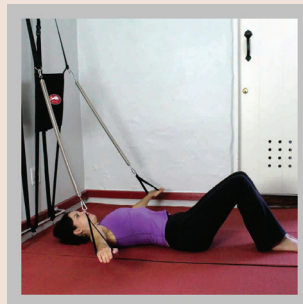
D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Angel Wings

Position 1



Position 2

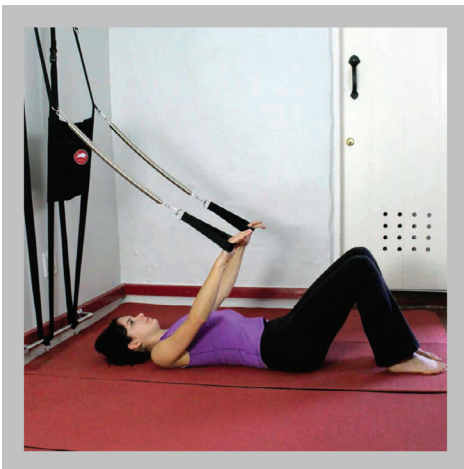


Position 3



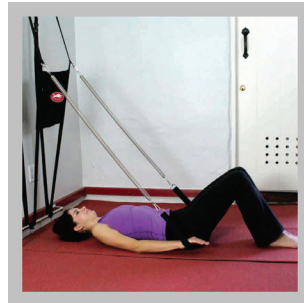
Position 4

Position 1



D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Lat Pulls



Position 2



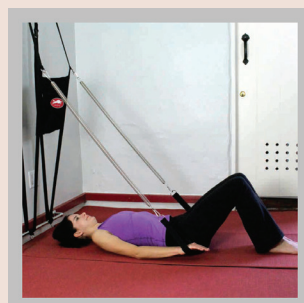
Position 3

Position 1



D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Tricep Extensions



Position 2



Position 3

PIVATES

D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Pilates 100s



Position 1

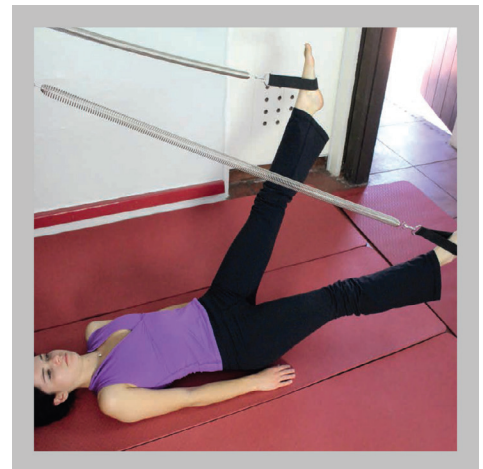


Position 2

D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Leg Circles

Position 1



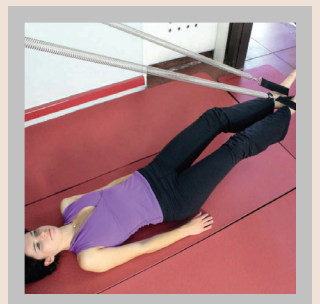
Position 1

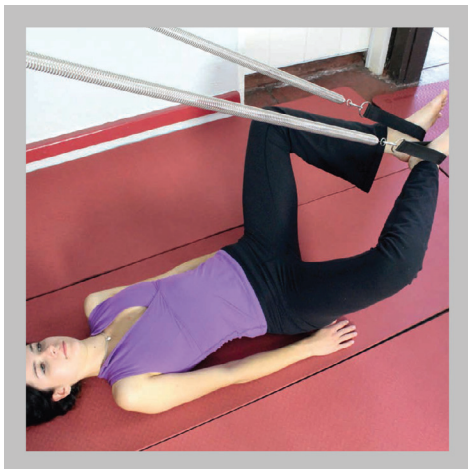


Pilates Frogs

D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Position 2



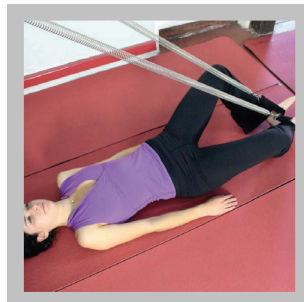


Position 1

Diamond Butt

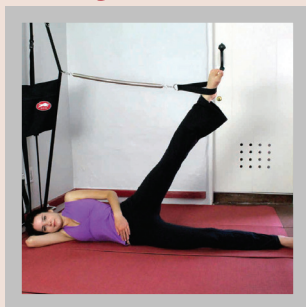
D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Position 2



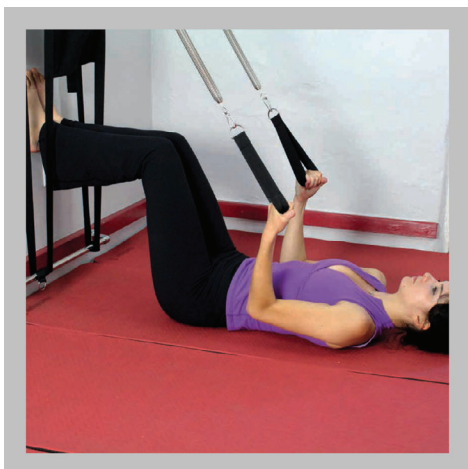
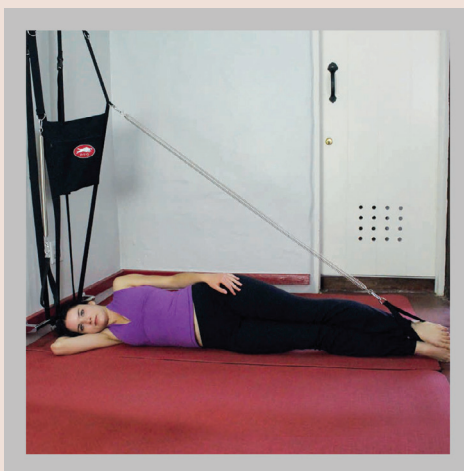
D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Inner Thigh Work



Position 1

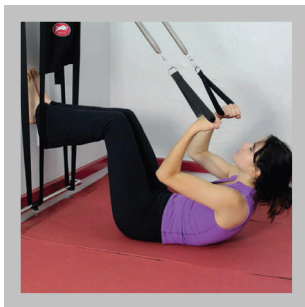
Position 2



Position 1

D1 - ADVANCED
D2 - INTERMEDIATE
D3 - BEGINNER

Roll Up



Position 2



Position 3



Yoga . . .

Yoga is always performed using clips at the D1 position on the P.Y.G. Visit our website at www.pilatesyogagym.com for further details on setup.

Attachments:

Pilates Springs

Handles

Straps

Bend Belt

The Middle D Ring on The Yoga Strap

Warrior One

Long Straps & Handles



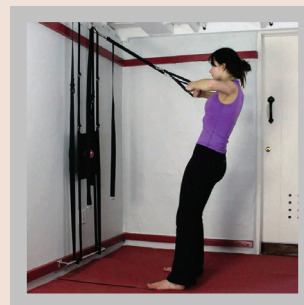
Position 1



Scapular Retraction

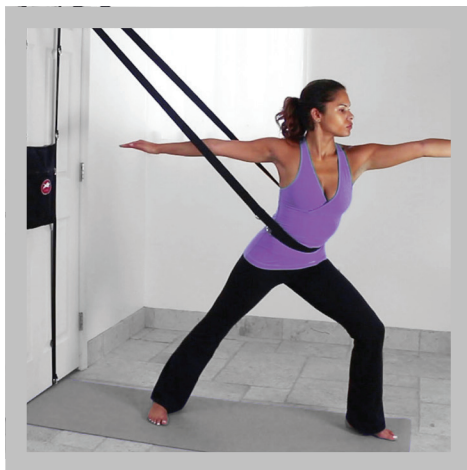
Short Straps

Position 2



Squatting

Short Straps

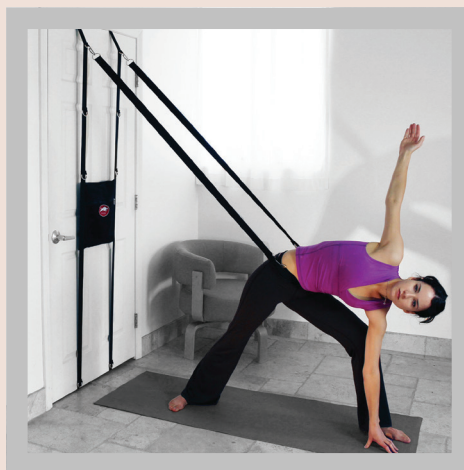


Warrior Two

Long Straps & Bend Belt
(Not Shown)

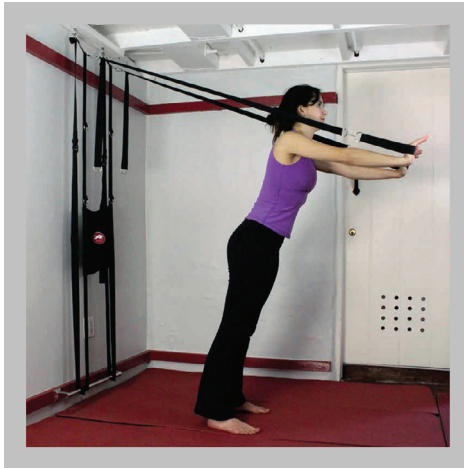
Triangle

Long Straps & Bend
Belt (Not Shown)



YOGA

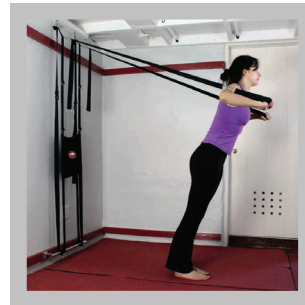
Position 1



Yoga Push-ups

Long Straps & Handles

Position 2



Plank Pushup

Long Straps & Handles



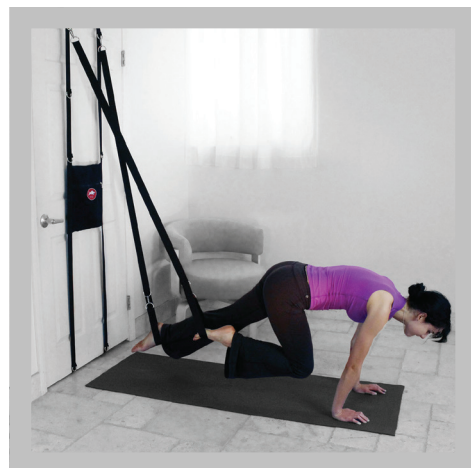
Position 1



Position 2

Iso-Plank

Long Straps & Handles



Gym...

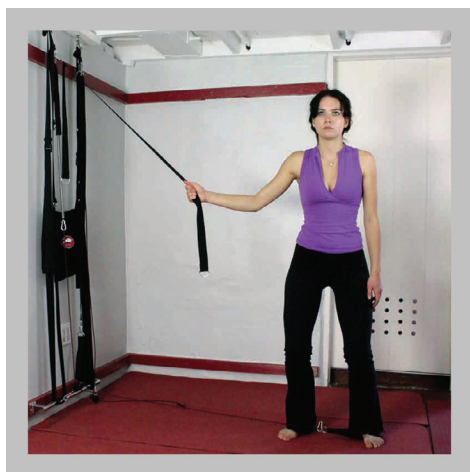
Attachments:

Pulley

Springs

Gym System

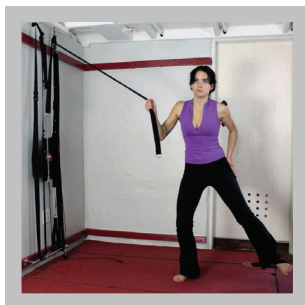
Yoga Strap (optional for balance)



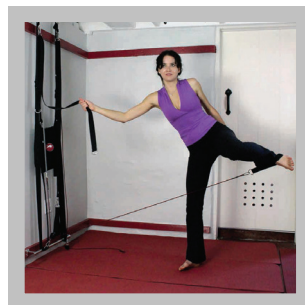
Position 1

Outer Thigh Work

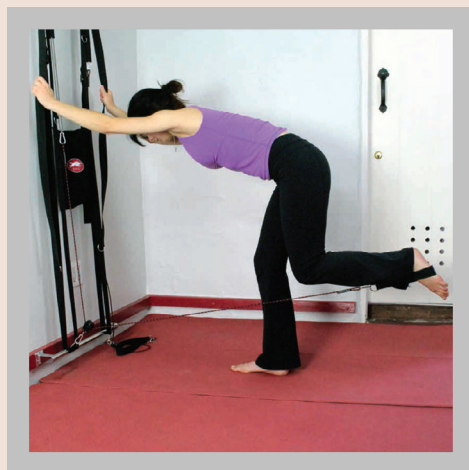
Spring - D1
Pulley - D4



Position 2



Position 3



Position 1

Donkey Kick

Spring - D1
Pulley - D4

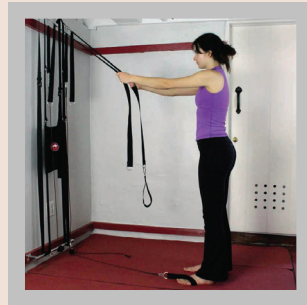


Position 2

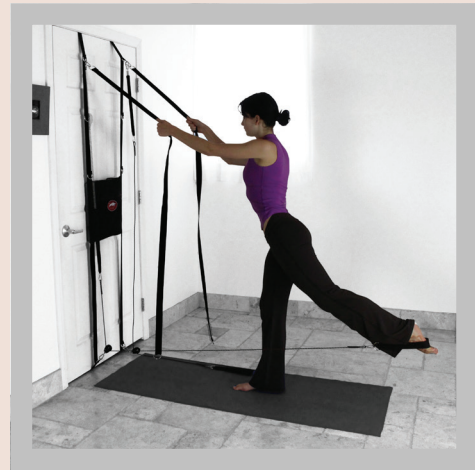
Ballet Beats

Springs - D1

Pulley - D4 Yoga Straps - D1

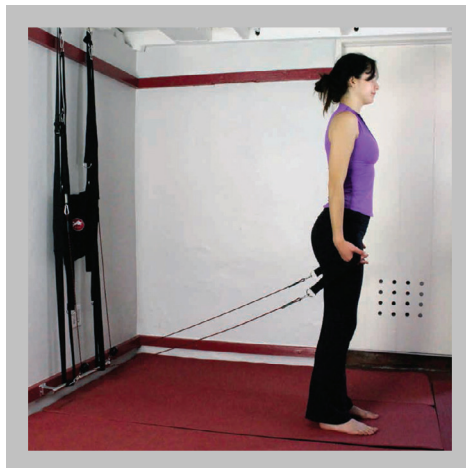


Position 1



Position 2

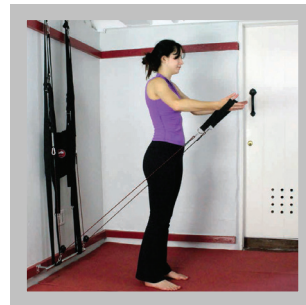
Position 1



Thumbs Up

Spring - D1

Pulley - D4



Position 2

Bicep Curl

Spring - D1

Pulley - D4



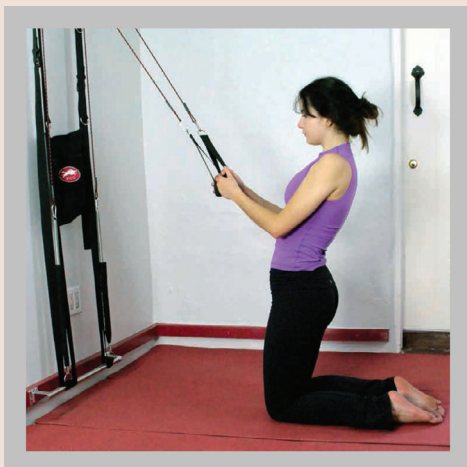
Position 1



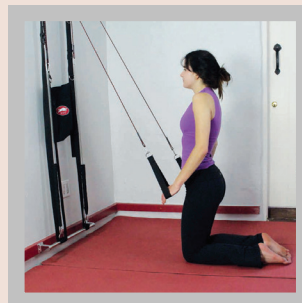
Position 2

Kneeling Tricep Extension

Position 1



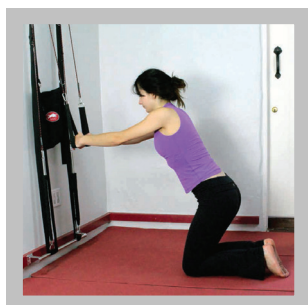
Pulley - D1
Springs - D4



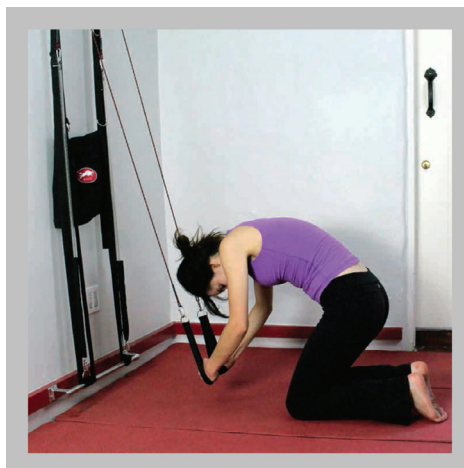
Position 2

Gym Kneeling Crunch

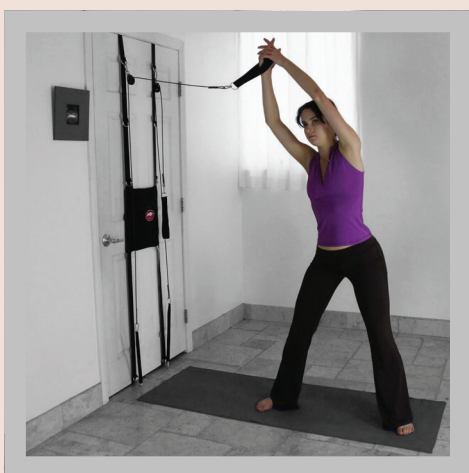
Pulley - D1
Springs - D4



Position 1



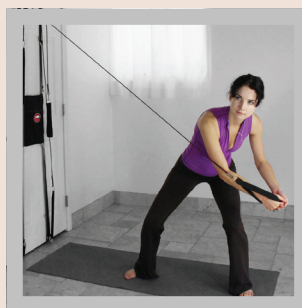
Position 2



Position 1

Wood Chop

Pulley - D1
Springs - D4



Position 2



PILATES
YOGA
GYM

| Angel Wings | Pilates 100s | Frogs | Diamond Butt | Tricep Extensions | Lat Pulls | *Roll Ups |
|-------------|--------------|------------------|--------------|---|-----------|---------------------------------|
| | | | | | | |
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| | | | | | | |
| | Leg Circles | Inner Thigh Work | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | D1 - Advanced D2 - Intermediate D3 - Beginner | | *D1 - Beginner D3 - Advanced |

| Warrior One | Abdominal Contraction | Back Plank Walking | Yoga Push-Up | Plank Push-Up | Scapular Retraction |
|-------------|-----------------------|----------------------|--------------|--|---------------------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| Warrior Two | | Back Plank Hamstring | | Butt-Ups | |
| | | | | | |
| | | | | | |
| | | | | | |
| Triangle | Squatting | | Iso-Plank | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | Yoga is always performed with clips attached at the D1 position. | |

| Outer Thigh Work | Donkey Kick | Ballet Beats | Thumbs Up | Bicep Curl | *Kneeling Tricep Extension | *Wood Chop |
|------------------|------------------|--------------|-----------|------------|--|------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | *Kneeling Crunch | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | Connect spring clips at D1, and connect pulley clips at D4. | |
| | | | | | *Connect pulley clips at D1, and connect spring clips at D4. | |