



1 | Sissel Pilates Circle

The Sissel Pilates Circle is a padded resistance ring with handles. Suitable for strengthening the upper body, core muscles and legs. This model is great for a wide range of different exercises thanks to the handles on the inside and outside of the ring. Incl. exercise poster (in German).

New! 71 286 4701 Ø 30 cm, green Each
71 149 1832 Ø 38 cm, black Each

2 | Sport-Thieme 'Premium' Pilates Ring

Now you can hold the ring on the inside or outside, increasing the training options. This is a training aid for the main muscles in the chest, arms and legs. By pressing the three-layered metal rings you will work against the resistance created. A stable, anatomically shaped handle so you can hold the ring between your legs or arms. Ø approx. 35 cm, 400 g.

71 132 0204 Each



✓ Can be used individually or combined with other equipment

3 | Balanced Body Pilates Arc

Specially designed Pilates training device, ideal for solo or group training sessions, with patented, asymmetric shape. Foam, LxWxH: 97x39x27 cm, 1.7 kg, black.

71 144 9307 Each

✓ With patented, asymmetric shape



4 | Sissel Pilates Roller

The ideal addition to Pilates mat training, for balance and stabilisation exercises and in rehabilitation. Lxø: approx.

90x15 cm, hard foam. Comes with an exercise poster.
71 149 1803 Each

✓ Hygienic closed pores



5 | Sissel 'Pro' Pilates Roller

Suitable for beginners and advanced Pilates users. Expands range of possible Pilates exercises. Can also be used in gyms and practices. Soft version, Lxø: approx.

90x15 cm. Incl. exercise poster.
71 286 4802 Grey Each
71 149 1874 Blue Each



6 | Sissel 'Soft' Pilates Roller

Suitable for Pilates beginners and improvers. Expands the type of Pilates training optimally. The mix of softer material means the roller yields perfectly under pressure, making it more stable and more

pleasant when lying down (perfect for Pilates beginners). Lxø: approx. 15x90 cm. Exercise poster included.
71 149 1890 Each

✓ Very strong



7 | Sissel 'Intense' Pilates Roller

The perfect fitness roller for strengthening the core and improving balance and stability. It is also ideal for use in Pilates exercises and massages. The 'Intense' roller has impressive strength, stability

and will not lose its shape. Structured surface, Lxø: approx. 100x15 cm, black.
71 133 8603 Each



Pilates Rollers

New!



8 | New! Sport-Thieme 'Basic' Pilates Roller

For stabilising, strengthening and promoting mobility in yoga and stabilisation training. Opens up a wide range of

exercises. Made of shape-retaining, water-resistant PE foam. Lxø: 90x16 cm. 600 g.
71 291 9209 Each

New!



9 | New! Sport-Thieme 'Premium' Pilates Roller

For more variety in Pilates training. The soft surface made of EVA foam allows you to exercise in comfort. Non-slip and

easy to clean. For beginners and advanced users. Lxø: 90x16 cm. 600 g.
71 291 8903 Blue Each
71 291 8916 Burgundy Each

✓ Comfortable to lie on thanks to mix of soft materials
✓ Non-slip textured surface

Top rated
sport-thieme.com



10 | Sport-Thieme 'Intensive' Pilates Roller

A challenging fitness trainer for strengthening your core. Improves stability and balance. Rigid, robust and

shape-retaining. Lxø: approx. 90x15 cm, can hold up to 120 kg, black.
71 232 8805 Each