



fitness

pilates

Helen Tardent, author of *Beautiful Pilates* and host of Australia's first Pilates show on *Aerobics Oz Style*, shows you in easy-to-follow instructions how to give yourself the Pilates edge.

The Coordination II

This is the second exercise in the three part Coordination abdominal series.

Focus: Abdominals, flowing movement and coordination.

Precaution: If you feel any lower back discomfort, keep your toes in contact with the floor throughout the exercise. If you have any discomfort in your shoulders, reduce the range of your arm movement to a pain-free zone. If you have any neck discomfort, keep your head on the floor.

width apart and then squeeze them back together **(2)**.

Keeping your chest lifted, breathe in and bend your legs to the tabletop position (90 degrees at the hip and knees).

Keeping your chest lifted, breathe out as you stretch your legs straight up in the air. Open both of your legs shoulder width apart and then squeeze them back together.

Keeping your chest lifted, breathe in and bend your legs to the tabletop position.



Level: beginner to advanced

Instructions

Lie on your back with your legs stretched out flat along the floor and your inner thighs squeezed together. Place your hands behind your head and link your fingers together, with your thumbs working down the side of your neck. Draw your navel firmly towards your spine and lift your pelvic floor muscles. Sink the back of your ribcage down onto the floor and point your toes.

Breathe in as you bend your legs, sliding your toes along the floor until your knees are at a 90 degree angle, keeping your spine still, your abdominals firm and the back of your ribs anchored **(1)**.

Keeping your tailbone anchored, breathe out as you curl forward, lifting your chest and stretching your legs straight up in the air. Open both of your legs shoulder



As you breathe out, bend your legs at the knees, touching your toes to the floor and return to the start position, sliding your toes along the floor.

Repetitions: Ten
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