



**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 I**

This is the first of a three part series of The Coordination abdominal series.

**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.

in the air. Open both of your legs shoulder-width apart and close them back together **(2)**.

Keeping your chest lifted, breathe in and bend your legs at the knees, touching your toes back onto the floor.



**Level – beginner to advanced**

**Instructions**

Lie on your back, with your legs stretched out flat along the floor and your inner thighs squeezed together. Stretch your arms out on the floor behind you and draw your navel firmly towards your spine. Sink the back of your ribcage down into the floor and relax your shoulders. 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, bringing your arms over your head towards your hips and stretching your legs straight up



Breathe out as you return to the start position, sliding your toes along the floor as you reach your arms over your head and back onto the floor behind you.

**Repetitions:** Ten