



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 Leg Lifts series

The 'Leg Lifts I' is the first in a series of exercises that challenges your butt endurance. This is one of those 'feel the burn' exercises. The more slowly and controlled you make each movement, the more intense it will be.

In the next issue of *Cosmetic Surgery Magazine* I will introduce you to part II of this butt-toning series.

## The Leg Lifts I

**Focus:** To give you that famous Pilates butt!

**Imagery:** As you are lying on your side, visualise your spine against a wall as you move your working leg independently, dissociating your thighs from your pelvis.

**Precaution:** Stop if you feel any lower back discomfort. If you feel any shoulder discomfort, place a bigger pad underneath your head to support your neck and place your arm on the floor in front of your chest.

Lie on your left side with your left arm stretched underneath you, following the same alignment as your torso. Place a small cushion or rolled towel between your left ear and arm to support your neck and head. Place

your right hand on the floor in front of you at chest height, with your right shoulder and shoulder blade drawing down towards your hip.

Your shoulders and hips should be stacked one on top of the other, and your right leg elongated and straight in a line that follows your body. Bend your left leg up underneath you until you have a 90-degree angle at your hip and knee.

Flex your right foot and rotate it so your heel faces the ceiling and your toes point down towards the floor.

Drawing your naval firmly towards your spine, lift your waist and ribs off the floor until you have a straight spine and a line that runs from the crown of your head, through the centre of your nose, sternum, navel and pubic bone (this is your neutral spine lying on your side – see photo)

Breathe in to prepare. As you breathe out, reach your right heel as far away from your hips as possible and lift it a few inches, keeping your hips and torso still and stable.

As you breathe in, lower your leg, keeping your toes just off the floor.

**Repetitions:** To fatigue! **acsm**

