



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 THE LUNGE COMBO III.

The Lunge Combo

Joseph Pilates favoured range-of-movement stretching combined with strength work to achieve effective results. Another style of stretching called 'static stretching' can be invaluable in preparing you for big movement exercises.

The 'Lunge Stretch III' is the third exercise in a series of stretches that prepares you for more advanced Pilates repertoires. Undertake this exercise slowly and carefully to achieve a strong foundation for the next issue of *Australian Cosmetic Surgery Magazine*, when I will introduce you to an exercise that will activate your deeper abdominals and shoulder girdle stabilisers.

Lunge Stretch

Focus Lengthen your hamstring muscles at the back of your thigh, your hip flexor muscles at the front of your hip and your calf muscles.

Level All

Continuing on from the Lunge stretch II (photo 1), firm your left buttock and squeeze your front foot and back foot towards each other, engaging the muscles of the front of your hip as you stretch them.

Breathe in to prepare.

As you breathe out, stretch your hamstring muscle by lifting your pelvis into the air and flattening your spine so that it is parallel to the floor. Turn your back thigh inwards to lengthen your lower back and press your back heel towards the floor to stretch your back calf muscle (photo 2).

As you breathe in, hold your hamstring and calf stretch. As you breathe out, return to the Lunge Stretch II position.

Repetitions Move between the Lunge Stretch II and III four times on each side. **acsm**

