



## 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 the Lunge Combo.



## The Lunge Combo

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

The 'Lunge Stretch I' is the first exercise in a series of stretches that prepares you for a more advanced Pilates repertoire.

Undertake this exercise slowly and carefully to achieve a strong foundation before embarking on the second exercise from this stretching series in the next issue of *Australian Cosmetic Surgery Magazine*.

## Lunge Stretch I

**Level:** All

**Focus:** Lengthen your hip flexor muscles at the front of your hip.

**Precautions:** If you feel any discomfort in your knee as it rests on the floor, tuck the ball of your back foot under and lift your back knee off the floor.

Kneel on all-fours, like a cat. Lift your right knee up and forward, placing your right foot on the floor in front of you. Your right shin bone needs to be at a 90-degree angle to the floor, so that your kneecap lines up with your ankle joint. This attention to detail in alignment prevents any undue stress on your right knee.

Keeping your hands on either side of your feet, firm your left buttock and push your hips forward into a lunge as you squeeze your front foot and back knee towards each other, engaging the muscles of your hip as you stretch them.

Holding your navel towards your spine, breathe in and out naturally.

**Repetitions:** One (continuing on to the Lunge Stretch II in the next issue). **acsm**