



lifestyle

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.

Preparation for Abdominal Circles

Focus: The sides of your abdominals (obliques), spinal flexion and rotation.

Imagery: Think of a piece of string tied to your coccyx and to the crown of your head lengthening the back of your entire spine throughout this exercise.

Lie on your back. Keeping your feet flat on the floor and slightly apart, bend your legs up to a 90-degree angle at the knee joint and make sure your ankles, knees and hips are in one line. Place your hands behind your head and link your fingers together with your thumbs placed down the side of your neck. Draw your naval down towards your spine, tightening your abdominals.

As you breathe in, gently pull on your neck, lengthening the crown of your head to the wall behind you and creating a pocket of space between each vertebra.

Keeping your tailbone anchored and your head heavily in your hands breathe out as you curl your head, neck and chest forward, taking your left shoulder towards your right knee, keeping your elbows open and your hips and knees still. (photo 1)

As you breathe in to the back of your lungs and the sides of your ribs, return your upper body to the centre

and keep your chest high and your abdominals firm. (photo 2)

Keeping your tailbone anchored and your head heavily in your hands, breathe out as you take your right shoulder towards your left knee, keeping your elbows open and your hips and knees still.

As you breathe in to the back of your lungs and the sides of your ribs, continue to circle your upper body down to the floor, keeping your abdominals firm.

Repetitions: Ten, alternating each way.



Photo 1



Photo 2