

Personalizing Pilates / Exercise of the Month
January 2009
www.PersonalizingPilates.com

This exercise is great for stretching tight chest muscles and strengthening your upper back. It's particularly helpful if you sit at a desk or if you drive a lot because it helps re-balance the muscles of your upper body.

When you do this exercise, I want you to feel the work high up in the back (above the bra strap). If you start to feel strain in your lower back, try tightening your abdominals a bit more or tucking an imaginary tail through your legs to help support your lower back.

Start lying on your tummy with your forehead resting on your towel, arms by your sides. As you exhale, engage your abdominals by lifting your navel off the mat just a little. Roll both shoulders away from the mat (2a) and hold for three breaths. Relax back down. Repeat three times.

Variations: Roll both shoulders away from the mat and float your forehead (2b). Float both arms over the mat as well (2c).



2a – shoulders roll back



2b – shoulders roll back, forehead floats



2c – shoulders roll back, forehead floats, arms float 1 mm

When you have completed a few repetitions, rest your hips on your heels in child's pose and take a few easy breaths.

