

Personalizing Pilates
Exercise of the Month for June 2010

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Many of my female clients come to me and ask how they can strengthen their arms so that they're not flabby. This exercise is the remedy! It builds strong triceps (the backs of the upper arms) and is also great to strengthen the whole upper body. It's a modification of Joseph Pilates' classic (very difficult!) push-up exercise.

Start in a hands and knees position (a). Place a small inward curve in your lower back. Look just past your fingertips. When you exhale, slowly bend your elbows out to the sides and start to do a push up (b). Pause at the bottom to take a breath. As you exhale, slowly press yourself back up.

When you do the push-up, imagine leading down with your heart, not your nose. If you were to do just 10 of these every day, you'd notice a difference in your arms in just a couple of weeks. Try it!



a



b