

WITH GUEST PILATES INSTRUCTOR  
SALLY ANDERSON

# BOOST YOUR CORE STABILITY

Roll yourself to better stability, flexibility and strength with these Pilates-based exercises on a foam roller

**T**he foam roller is a great way of adding variety to your usual workouts and can be used every day. It will challenge you in stability and range of movement.

A foam roller is made of a dense foam that you can safely lie, sit and stand on, and because it rolls it constantly forces your inner core muscles to support you as you move.

Do these five exercises as a sequence, maintaining your torso stability throughout. Do 10 repetitions of each exercise, preferably in this order.

## you need

- A 91cm foam roller with a 15cm diameter. You can buy it at fitness equipment stores or online for about \$70.
- A mat, also available at fitness stores or online.

## 1 Pelvic curls

**Why?** These work the hamstrings strongly and also offer benefits for the pelvis.

**How?** Lie on your back, arms by your sides,

palms facing down and feet on the foam roller. Exhale as you lift your hips up, keeping the roller still or slightly pulling underneath you. Hold for a breath in, then exhale as you roll down.

## Chest lifts

**Why?** These add an upper-back extension to the abdominal curl, which is great for upper torso posture and abdominal strength.

**How?** Lie on your back, feet flat on the floor, with the base of your shoulder blades on the foam roller. Inhale and take the chest back over the roller. Exhale to engage the upper abdominals and return to the start.



## Knee stretches

**Why?** These will strongly work your abdominals while releasing the hip joints, lengthening the quadriceps and massaging the tibialis anterior (front of the shin). They are particularly good for runners.

**How?** Kneel on all fours, hands under your shoulders and shins on the roller. Exhale, flex your hips and roll the roller under you. Inhale as you roll it back behind the hips.



## 4



## Swan lifts

**Why?** These strengthen the upper back, shoulders and upper arms and open up the chest. They are particularly good for office workers.

**How?** Lie on your front, arms resting on the roller, thumbs facing down. Rotate your arms to the outside as you lift your upper back off the floor. The roller will roll down your arms to your hands. Exhale as you lift, keeping your abs pulled up. Inhale as you lower to the start.

bodyandsoul.com.au

Want more Pilates poses? We have plenty more of Sally Anderson's workouts at [bodyandsoul.com.au](http://bodyandsoul.com.au)

## we love

Sally wears Lululemon Athlete tank top, \$75, and tights, \$119. [www.lululemon.com](http://www.lululemon.com)

## Supine leg series

**Why?** These movements release the hips, without the impact of gravity or weight, and loosen the lower back. Inverting the body relieves spinal load and stimulates the hormonal system.

**How?** Lie on your back, legs bent, hips raised. Place the roller under your pelvis and

stretch both legs towards the ceiling. Hold the sides of the roller. Do 10 reps of each exercise (5 each direction).

• **Scissors:** Inhale and open the legs, bringing one forward and the other back (pictured). Exhale to close.

• **Openings:** Inhale and open the legs out to the sides. Exhale to close them.

• **Helicopters:** Inhale and bring one leg forward and one back. Exhale, circle legs in opposite directions and then bring them back together.

• **Bicycles:** Reach one leg down to the floor, then bring it back in towards your chest as the other leg stretches down. Keep "cycling" and breathe out on each rep.

## 5

