

The March Five

Pilates Push Up:

- Stand with your back against a wall.
- Exhale and curl your chin towards your chest as you roll down to a plank position.
- Five Push Ups (legs straight or knees down), then roll back up to standing.
- Strengthens chest and shoulders, spinal flexion.

Warrior II:

- Stand in a lunge with right knee bent and left leg straight, left heel and pinky toe anchored to the ground.
- Reach arms out to the side and hold one minute, then switch sides.
- Make your body flat, like you are a piece of toast in the toaster oven.
- Leg strength, hip stretch, balance.

Single Leg Kick:

- Lying on your tummy, lift your belly button and draw shoulder blades down your back.
- Kick your right heel towards your hips, then extend your leg.
- Switch sides.
- Quad Stretch, hip stabilization, strengthens hamstrings.

Roll Up:

- Lie on your back, knees bent or straight.
- Exhale as you curl your chin towards your chest and roll up to sitting.
- Inhale and sit up tall, exhale as you slowly roll back down to the mat.
- Strengthens abdominal muscles, spinal flexion.

Boat:

- Sit up tall and hold on to the backs of your legs.
- Pull your belly button in and lift one or both legs to tabletop.
- Lift your chest, roll your shoulders down and back and hold here for one minute.
- Core strength, balance and shoulder stabilization.

"A stumbling block to the pessimist is a stepping stone to the optimist."

-- Eleanor Roosevelt, Former First Lady