



too bored?

KIMBERLEY GARLICK

Pilates instructor and director at The Pilates Room, Sydney (pilatesroom.com.au), and former classical and contemporary dancer

←
*keep your mind and
body in balance*

“With so many variations to each pose you’ll never get bored with Pilates”



A walk in the park
Kimberley shows how to bench press the easy way – it's more stretch than sweat!

Kimberley says: "When I was a dancer, I stayed fit doing something I really enjoyed, so I never really 'worked out'. Then I saw Pilates, gave it a go, and realised how similarly fluid it was to dancing. Plus it's so intricate – it works every tiny little muscle, resulting in a long, lean and feminine body, not a bulky, muscular look."

BORED GIRL'S WORKOUT #1 **walking tall**

WHAT IT'S GOOD FOR:

The benefits of walking tall (yes, literally!) are many: an open chest for easier and deeper **breathing**, a stronger, **firmer** abdomen, a **sturdy** lower back, and a **straighter** upper back. You're also reducing the load placed on your **joints**, which means less chance of injury (such as a twisted ankle) and better balance.

HOW TO DO IT:

Step **lightly**, walking as though you're on thin ice. Align the front hip bone with your kneecap, ankle and second toe as you walk – this way you'll keep your spine **straight** and your pelvis **centred**.

BORED GIRL'S WORKOUT #2 **goalpost arms**

WHAT IT'S GOOD FOR:

If you have trouble sitting straight or walking tall for long periods, try this quick exercise. It improves **shoulder mobility**, which is great for just about everything, from picking up groceries to throwing a ball for the dog. It will also give you **leaner** and **firmer** arms. For extra motivation just think of that strappy dress that's hanging in the wardrobe!

HOW TO DO IT:

Stand with your back against a wall, **knees bent**, with feet about a foot away from the base of the wall. Keep your **spine** – from your tailbone to your neck – flat against the wall (though you may have a small gap at your lower back, which is fine). Place your arms back against the wall, **elbows bent** to the side at right angles, palms facing straight ahead. **Slowly raise** them up until they're straight, then back down to where they started. The idea is to make sure your **back remains flat** against the wall throughout. Repeat eight times.

BORED GIRL'S WORKOUT #3 **hamstring stretch**

WHAT IT'S GOOD FOR:

The two things most women dream of: **back-pain relief** and **firmer buttocks**. This simple hamstring stretch will extend the muscles in your buttocks, giving them more **flexibility** so they won't pull on your lower back. Give it a go!

HOW TO DO IT:

Stand in front of a bench or chair, and put one foot up on the seat, **extending your leg** straight out in front of you. The other leg should also remain straight and feet should be parallel – Kimberley demonstrates this position (above). Keep **hips in line** (don't twist them to either side), and your **spine straight** while you slowly drop forward. Place both hands on your upper thigh, and move forward as you breathe out. Do this stretch daily and you should eventually be able to place your hands (or fingertips) on the seat. **1**

Don't roll down from your shoulders, aim to go forward from your hips.

tip