

Getting To The Core with The 100

Last month I showed you exercises for lower back pain. Back pain is a common side effect of a weak core. So here is an easy yet very effective Pilates move that anyone at any level can do. Pilates is more than a great core workout. It is a full-body form of exercise, so everything is targeted at once!

All you need is a mat.



At the core of every Pilates practice is 'The 100,' which is designed to get your blood pumping and warm you up. Struggling to make it to the end of this move? Make this a "50" instead. That means inhale for five counts and exhale for five counts. Do that five times. Focus on how much your abdominals are engaging and breathe.

How to: Draw both legs into your chest, hold on to your legs, curl your head and chest up to a tight ball

(a). Send your legs out to a tabletop position with your knee directly above your hip and shins parallel to floor. Hold on behind your thighs and actively curl up, deepening and hollowing out your abs

(b). Hover your arms right above your abdominal wall and start to pump your arms 6 to 8 inches up and down, taking deep breaths, inhaling for 5 counts, exhaling for 5 counts

(c). Repeat 10 times (or 5 times if you want to only do 50), without taking a break. Rest your head flat on the floor, rather than curling it up, if the move feels too difficult or place a rolled towel or yoga block under your head.

Check out <http://dailyburn.com/life/db/core-moves-beginner-pilates-workout/> for more!