

pilates exercises for rib flare

Understanding Rib Flare and Its Pilates Solution

Pilates exercises for rib flare offer a powerful and effective approach to addressing this common postural concern. Rib flare, characterized by the outward and upward protrusion of the lower ribs, can affect posture, breathing mechanics, and even contribute to discomfort. This condition often arises from imbalances in core musculature, particularly weakness in the deep abdominal muscles and tightness in the back muscles. Pilates, with its emphasis on core engagement, controlled movement, and mindful breathing, is uniquely suited to correcting these imbalances. By strengthening the deep transversus abdominis and obliques, while simultaneously releasing tension in the erector spinae and other back muscles, Pilates can help to "knit" the ribs back into their natural position. This article will delve into the causes of rib flare, explore the principles of Pilates that make it effective, and provide a detailed guide to specific Pilates exercises that target this issue, ultimately leading to improved posture and function.

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The Mechanics of Rib Flare: What Causes It?

Rib flare is a visible manifestation of underlying postural inefficiencies. It occurs when the lower ribs become detached from their natural alignment with the pelvis, often creating a "barrel-chested" appearance. This misalignment is frequently a consequence of habitual postures that encourage overextension of the spine and a lack of engagement from the deep core muscles. When the abdominal muscles, particularly the transversus abdominis, are not adequately supporting the trunk, the diaphragm can pull the ribs upward and outward in an attempt to create space for breathing. This is often exacerbated by prolonged sitting, slouching, and even certain athletic activities that prioritize superficial muscle engagement over deep core stability. Understanding these mechanics is the first step in effectively addressing rib flare through targeted exercise.

Habitual Postures and Core Imbalances

The primary culprits behind rib flare are often rooted in our daily movement patterns and the resulting imbalances in our muscular system. Spending extended periods in a slumped or overextended posture can lead to a weakening of the core muscles responsible for maintaining proper spinal alignment and rib cage positioning. The deep transversus abdominis, which acts like a natural corset, plays a crucial role in stabilizing the spine and drawing the lower ribs inward. When this muscle is weak, other muscles, like the erector spinae (muscles along the spine), may overcompensate, leading to a pulling effect that widens the rib cage. Furthermore, tightness in the hip flexors, often a byproduct of excessive sitting, can also contribute to anterior pelvic tilt, indirectly affecting rib cage mechanics and promoting flare.

The Role of Breathing Mechanics

Breathing itself can significantly influence rib flare. In individuals with rib flare, breathing patterns are often shallow and chest-dominant. This means the diaphragm, the primary breathing muscle, is not fully utilized. Instead, accessory breathing muscles in the neck and upper chest take over, leading to a compensatory expansion of the rib cage. The diaphragm's natural tendency is to pull down and inward during inhalation, assisting in maintaining rib cage closure. When the diaphragm is not functioning optimally, or when there's a lack of awareness of diaphragmatic breathing, the rib cage can remain in an elevated and flared position. Pilates emphasizes conscious, diaphragmatic breathing, which is fundamental to retraining these mechanics.

Pilates Principles for Rib Flare Correction

Pilates offers a comprehensive system for addressing rib flare by focusing on principles that promote core strength, body awareness, and balanced muscular development. The method's emphasis on precise movements, controlled execution, and mindful engagement of the deep stabilizing muscles provides a unique pathway to re-educating the body. By consistently practicing Pilates, individuals can retrain their muscular patterns, improve their posture, and ultimately reduce or eliminate rib flare. The controlled nature of Pilates allows for the isolation and strengthening of specific muscles, while the focus on breath connects the movement to functional breathing, further aiding in rib cage closure.

Core Strength and Stability

At the heart of Pilates is the concept of core strength and stability, often referred to as the "powerhouse." This includes the deep abdominal muscles (transversus abdominis, obliques), the pelvic floor, and the muscles of the back. For rib flare, strengthening the transversus abdominis is paramount. This muscle wraps around the torso, providing internal support and drawing the ribs inward. Pilates exercises systematically target these deep stabilizers, building the foundation necessary to maintain a neutral spine

and a closed rib cage. As the core becomes stronger, it can more effectively counteract the forces that lead to rib flare.

Body Awareness and Proprioception

Pilates significantly enhances body awareness, or proprioception, which is the body's ability to sense its position, movement, and balance in space. For individuals with rib flare, this means developing a heightened awareness of the position of their ribs and their connection to the pelvis. Through mindful movement and specific cues, Pilates practitioners learn to feel when their ribs are flaring and how to actively engage their core to bring them back into alignment. This increased sensory feedback allows individuals to make conscious corrections throughout the day, not just during their Pilates practice.

Breath Integration

Breath is an integral component of every Pilates exercise. The method teaches lateral or diaphragmatic breathing, which encourages expansion into the back and sides of the rib cage rather than outward and upward. This type of breathing actively engages the diaphragm and promotes the inward-drawing action of the abdominal muscles, which is essential for closing the rib cage. By coordinating breath with movement, Pilates helps to re-establish efficient breathing patterns and reinforces the postural alignment sought in rib flare correction. Conscious breathing during exercises helps to control the movement and deepen the engagement of the core muscles.

Targeted Pilates Exercises for Rib Flare

Several specific Pilates exercises are particularly effective in addressing rib flare by targeting the deep core muscles, promoting thoracic spine mobility, and improving postural awareness. These exercises, when performed with proper form and consistent effort, can help to retrain the body's natural alignment. It is important to remember that proper form is crucial to maximize the benefits and avoid exacerbating the condition. Working with a qualified Pilates instructor can ensure that these exercises are performed safely and effectively for your individual needs.

The Hundred

The Hundred is a foundational Pilates exercise that builds core strength, endurance, and breath control. To adapt it for rib flare, the focus should be on keeping the rib cage anchored and preventing it from lifting or flaring as the arms pump. Imagine "zipping up" the core and gently drawing the lower ribs towards the pelvis. The breath work should be deep and controlled, with each exhale helping to further engage the abdominals and knit the ribs in. This exercise, with its emphasis on synchronized breath and core engagement, is excellent for developing the stamina needed to maintain proper alignment.

Roll Up

The Roll Up is a challenging exercise that strengthens the entire abdominal wall, including the deep transversus abdominis. For rib flare, the key is to maintain the integrity of the rib cage throughout the movement. Instead of allowing the ribs to flare upward as you roll up, focus on keeping them connected to the abdominal support. Visualize scooping the abdominals inward and upward, and imagine a strong corset effect. The movement should be slow and controlled, with the exhale assisting in the roll-up. If a full roll-up is too difficult, starting with a half roll-up or a variation with bent knees can be beneficial.

Leg Circles

Leg Circles in Pilates are excellent for engaging the deep core stabilizers while working the lower body. When performing this exercise with rib flare in mind, the primary focus is to keep the pelvis stable and prevent any rocking or shifting. This stability is achieved by actively engaging the transversus abdominis, which helps to anchor the rib cage and prevent it from lifting or flaring in response to the leg movement. The breath should be used to deepen the abdominal scoop, ensuring that the core remains contracted throughout the circles. Smaller, controlled circles are often more effective for maintaining core integrity.

Spine Stretch Forward

Spine Stretch Forward is a key exercise for improving spinal articulation and hamstring flexibility, but it also offers benefits for rib flare. The goal here is to encourage a gentle flexion of the thoracic spine and a lengthening of the spine without allowing the rib cage to collapse or flare. As you exhale and reach forward, imagine drawing your lower ribs inward and keeping your core engaged. The focus is on moving from the pelvis and maintaining a sense of length and expansion in the back of the body. This stretch helps to release tension in the upper back, which can contribute to rib flare.

Swan Dive Preparation

While many prone exercises can encourage hyperextension, specific modifications can make them beneficial for rib flare. Swan Dive preparation, when approached with awareness, can help to strengthen the back extensors while still emphasizing core engagement. The key is to avoid arching the back excessively and instead focus on lifting the chest through the power of the back muscles and a braced core. Imagine keeping the lower ribs connected to the mat by engaging the deep abdominals. This controlled extension helps to build the strength needed to support a neutral spine and prevent overextension.

Side Lying Leg Series

The side-lying leg series in Pilates, including exercises like Side Kick and Front/Back Kick, are excellent for strengthening the oblique muscles, which play a crucial role in stabilizing the torso and can help to counteract rib flare. When performing these exercises, it is essential to maintain a stable pelvis and prevent the rib cage from collapsing or extending. Focus on keeping the waistline lifted and the core engaged throughout the movements. The obliques work to prevent the torso from collapsing, thus helping to knit the ribs in and maintain an elegant posture. Awareness of the opposition between the head and the heel helps to elongate the spine.

Important Considerations for Practicing Pilates for Rib Flare

While Pilates offers a powerful solution for rib flare, it's crucial to approach the practice with specific considerations to ensure effectiveness and safety. Simply performing the movements without mindful attention to rib cage placement can inadvertently reinforce the flared position. Understanding these nuances will help you maximize the benefits and achieve lasting postural improvements.

Focus on Rib Cage Closure Cues

During every exercise, actively focus on cues that promote rib cage closure. Think about "zipping up" your core, drawing your lower ribs down and in towards your pelvis. Visualize creating a gentle "hug" around your midsection. Your instructor might use cues like "knit your ribs together" or "feel your belly button drawing towards your spine." Pay attention to the sensation of your ribs settling into their natural alignment, rather than puffing out or lifting. This constant internal cueing is vital for retraining the muscles.

Prioritize Deep Core Engagement

The effectiveness of Pilates for rib flare hinges on the consistent engagement of the deep core muscles, particularly the transversus abdominis. This muscle lies beneath the more superficial abdominal muscles. Instead of sucking in your stomach, which can engage the wrong muscles, focus on drawing your lower abdomen inward and upward as if you are gently tightening a corset. This deeper engagement provides the internal support needed to stabilize the rib cage and prevent it from flaring. Feeling this subtle engagement is key to successful rib flare correction.

Mindful Breathing Techniques

Conscious and controlled breathing is paramount. Practice diaphragmatic

breathing, where your breath expands into your back and sides, rather than puffing out your chest. As you exhale, actively engage your core muscles to help draw your lower ribs inward. This breath-to-core connection is a cornerstone of Pilates and is especially important for managing rib flare. A shallow, chest-dominant breath pattern can often contribute to rib flare, so retraining this fundamental aspect of respiration is crucial.

Listen to Your Body and Modify

It is essential to listen to your body and not push yourself too hard, especially when you are new to Pilates or working with rib flare. If an exercise causes pain or discomfort, or if you find yourself unable to maintain proper form and rib cage closure, modify the exercise. This might involve reducing the range of motion, bending your knees, or using props for support. A qualified instructor can provide appropriate modifications to ensure you are working safely and effectively. Progress gradually and celebrate small victories in your journey to improved posture.

Integrating Pilates into a Holistic Approach

While Pilates exercises for rib flare are highly effective, integrating them into a broader wellness strategy can amplify their benefits and promote long-term postural health. Addressing rib flare involves more than just performing specific movements; it requires a comprehensive approach that considers daily habits, overall movement patterns, and mindful living.

Ergonomics and Daily Posture Awareness

Your daily environment and posture significantly impact rib flare. Assess your workspace ergonomics to ensure your chair, desk, and computer screen are set up to promote good posture. Be mindful of your posture while sitting, standing, and walking. Simple reminders to "lengthen your spine" or "gently draw your ribs in" throughout the day can reinforce the habits developed in Pilates. Carrying heavy bags on one shoulder, for instance, can create imbalances that contribute to postural issues, including rib flare. Making conscious adjustments in these everyday activities can significantly support your Pilates efforts.

Cross-Training and Complementary Activities

While Pilates is excellent for rib flare, complementing your practice with other activities can enhance overall physical well-being. Low-impact cardiovascular exercises like swimming or brisk walking can improve circulation and overall fitness without exacerbating postural issues. Gentle stretching, particularly for the chest and shoulders, can help to release tightness that may contribute to rib flare. However, it's important to ensure these activities are performed in a way that supports, rather than detracts from, your core stability and neutral spine alignment. Avoid activities that encourage prolonged chest opening or hyper-extension without proper core

support.

Mindfulness and Stress Management

Stress can manifest physically, often leading to shallow breathing and muscular tension, which can worsen rib flare. Incorporating mindfulness practices, meditation, or yoga can help to reduce stress levels, improve breath awareness, and promote overall relaxation. When you are more relaxed, you are more likely to breathe deeply and maintain a more open and aligned posture. The mind-body connection that Pilates cultivates also lends itself well to these complementary practices, creating a more profound impact on your well-being.

FAQ

Q: How quickly can I expect to see results from Pilates exercises for rib flare?

A: The timeline for seeing results from Pilates exercises for rib flare varies greatly depending on individual factors such as consistency of practice, the severity of the flare, and overall body awareness. Some individuals may notice subtle improvements in posture and a feeling of deeper core engagement within a few weeks of consistent practice. More significant visual and functional changes, such as a noticeable reduction in rib flare, typically take several months of dedicated practice, often combined with mindful awareness of posture throughout the day.

Q: Can Pilates exercises for rib flare help with back pain?

A: Yes, Pilates exercises for rib flare can significantly help with back pain. Rib flare is often associated with core imbalances and poor postural alignment, which can put undue stress on the spine and surrounding muscles. By strengthening the deep core muscles, improving spinal alignment, and promoting better breathing mechanics, Pilates helps to create a more stable and supported trunk. This increased stability can alleviate strain on the back, reduce pain, and improve overall spinal health.

Q: What is the most important Pilates principle to focus on for rib flare?

A: The most important Pilates principle to focus on for rib flare is "core engagement," specifically the deep abdominal muscles like the transversus abdominis. This muscle acts like an internal corset, crucial for drawing the lower ribs inward and stabilizing the trunk. Coupled with "breath integration," where exhalation is used to actively engage the core and knit the ribs together, these two principles form the foundation for correcting rib flare.

Q: Are there any Pilates exercises I should avoid if I have rib flare?

A: Generally, Pilates exercises are designed to be beneficial, but individuals with significant rib flare should be cautious with exercises that encourage extreme spinal extension or hyper-extension without adequate core control. For example, advanced prone exercises like the full Swan Dive or some variations of Swimming might need modification or to be approached with extreme caution, focusing heavily on maintaining rib cage closure and deep core engagement. Always consult with a qualified instructor for personalized guidance.

Q: How can I ensure I'm not flaring my ribs during other exercises?

A: To prevent rib flare during other exercises, maintain a conscious awareness of your rib cage position. Focus on keeping your lower ribs gently drawn down and in towards your pelvis, as if you are "zipping up" your core. Imagine a strong corset around your midsection. Use your exhale to deepen this engagement. If you feel your ribs lifting or puffing out, it's a sign that your core engagement might be weakening, and you should either reduce the intensity or re-focus on your core activation.

Q: Can Pilates help correct the posture associated with a swayed back (lordosis) if it's contributing to rib flare?

A: Absolutely. Pilates is highly effective in addressing the postural issues that contribute to rib flare, including an exaggerated sway back (lumbar lordosis). Exercises that strengthen the deep abdominal muscles and glutes, while lengthening the hip flexors and lower back, help to bring the pelvis into a more neutral position. This improved pelvic alignment, combined with the focus on rib cage closure, directly counteracts the combined effects of lordosis and rib flare, leading to a more balanced and aligned posture.

Q: What if I can't feel my transversus abdominis engaging?

A: It is common for individuals to struggle with feeling the deep transversus abdominis engage initially. Try lying on your back with your knees bent and feet flat on the floor. Place your fingers just inside your hip bones. Gently draw your lower abdomen inward, as if trying to pull your belly button towards your spine, without flattening your lower back or moving your pelvis. You should feel a subtle tension under your fingertips. Focus on this gentle inward pull rather than a forceful crunch. Pilates instructors are skilled at providing tactile cues and adjustments to help you find this engagement.

Q: Can Pilates help improve breathing efficiency and reduce shallow chest breathing?

A: Yes, one of the core tenets of Pilates is breath integration. The method emphasizes lateral or diaphragmatic breathing, which encourages expansion

into the back and sides of the rib cage rather than the chest. By consciously practicing and cueing this type of breathing during exercises, Pilates helps to retrain inefficient breathing patterns. This can lead to deeper, more controlled breaths, improved oxygenation, and a reduction in the reliance on accessory breathing muscles that often contribute to rib flare.

Pilates Exercises For Rib Flare

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pilates exercises for rib flare: The Complete Idiot's Guide to the Pilates Method Karon Karter, 2001 Explains the Pilates attitude, technique, equipment, and the importance of posture and diet, and discusses how to teach others the Pilates method.

pilates exercises for rib flare: **Functional Anatomy of the Pilates Core** Evan Osar, Marylee Bussard, 2016-01-19 This book is the first to illustrate the essential connection between the functional anatomy of the body's core and its application during Pilates' fundamental core exercises. Focusing on the inherent potential of the human body to stabilize and move, Dr. Evan Osar and Marylee Bussard combine the most current research around core stabilization with six fundamental Pilates principles to offer simple, easy-to-use strategies for relieving discomfort and improving pain-free movement. With more than 290 full-color illustrations, *Functional Anatomy of the Pilates Core* provides both Pilates practitioners and professional teachers with a comprehensive understanding of how the core functions and how stabilization helps promote health and proper movement patterns through the development of balanced muscles, joint alignment, and core control. The authors apply current research on neuroplasticity, the brain's capacity to reorganize itself by developing new neuronal connections, and on the function of fascia, the matrix-like connective tissue of the body, to explain the six fundamental principles of Pilates—Centering, Concentration, Control, Precision, Breath, and Flow. They show how to avoid muscle imbalances, chronic tightness, and pain by incorporating the principles of functional anatomy during exercise. Readers learn how to:

- Achieve the alignment, breathing, and control required for developing optimal posture and movement
- Alleviate non-optimal habits that relate to common postural dysfunction, muscle imbalances, and chronic tightness
- Integrate the fundamental Pilates exercises in order to develop a more stable core and eliminate the risks of common injuries while accomplishing one's health and fitness goals

pilates exercises for rib flare: **The Complete Idiot's Guide to Pilates on the Mat** Karon Karter, 2012-02-07 All you need is a mat to reap the benefits of pilates. There's no excuse not to begin your at-home pilates practice! The book takes readers through the complete sequence of Pilates Mat exercises with photos and step-by-step instructions. Formal Pilates classes are enormously beneficial; however, they are also very expensive. Using *The Complete Idiot's Guide®* to Pilates on the Mat, readers can practice Pilates Mat exercises on their own--without all the

expensive and intimidating equipment found in the studio or gym. Pilates is a fitness phenomenon that's been around for nearly 100 years. Through a series of strength and stretching exercises, it builds core body strength, improves posture, relieves pain, alleviates symptoms of serious chronic diseases, and has a positive impact on all of the vital systems--all while building a connection between the body and the mind. Along the way, fitness expert Karon Karter gives readers: • A Pilates primer: how and why the method works on every body, inside and out. • Basics for better breathing and posture. • Safe instruction for flexing toward your healthiest self. • Expert advice on Pilates Mat exercises and using simple equipment, such as the Magic Circle. • Poses and postures to increase range of motion, bone density, respiration, circulation, and muscle control. • Exercises for toning muscles and melting fat, making the body look lean, healthy, and younger.

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pilates exercises for rib flare: Expecting Fitness Birgitta Gallo, Sheryl Ross, 2000-02-12 Current research has proven that it is not only safe for pregnant women to exercise, it is absolutely beneficial. Even if you are considered a high-risk pregnancy or are restricted to bed rest, you can and should exercise during this crucial time. This book includes specially designed exercises just for you. Among the benefits of exercise and proper nutrition during pregnancy: -Shorter, less painful labor -Fewer birth defects -Less excess weight gain -Ease of regaining pre-pregnancy figure -Healthier, calmer, and more intelligent babies Birgitta Gallo's Expecting Fitness doesn't lead you through some leg lifts. It shows you how to modify your current sports activities-including tennis, golf, aerobics, swimming, even kickboxing-safely throughout your pregnancy. It also includes nutritional guidelines, relaxation and breathing techniques, and an illustrated guide to the changes the pregnant body goes through. It is a unique and comprehensive guide for any woman who wants to give her baby the best possible start in life.

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understanding how your back works and moving through the different types of back pain, as well as the causes and symptoms, Anisha will draw on her years of experience in clinic to show you how you can manage your symptoms and bulletproof your back using a simple four-step approach: Keep moving Change your mindset Eat well Sleep Using evidence-based research, award-winning osteopath Anisha will help you to understand the real causes of back pain (often not what we might think), and offers practical, everyday advice to help you take care of your back, overcome your pain and live a healthier, happier, pain-free life.

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athlete, it can be used by both beginners and instructors to complement sports-training programs. The exercises are also perfect for people who simply want to get in shape. Use this book as your personal training manual as you explore your fitness potential to the fullest!

pilates exercises for rib flare: *No-Risk Pilates* Blandine Calais-Germain, Bertrand Raison, 2012-05-11 An illustrated, anatomical guide to improve the benefits of your Pilates workout while also preventing injury • Examines the correct movements, specific risks, and common mistakes associated with 8 fundamental Pilates exercises, including practices using Pilates exercise equipment • Offers guidelines to increase the effectiveness of your Pilates workout, maintain correct alignment, improve stability, and prevent injury to the pelvis, back, wrists, and ankles Developed in the early 20th century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body, builds long, lean muscles, and develops core abdominal strength. However, practiced improperly, Pilates exercises can lead to injuries such as pinched discs, hyperextension of the wrists, or low-back pain. No-Risk Pilates reveals how to minimize the risk of injury and maximize physical benefit for a strong, toned, and aligned physique. Using Blandine Calais-Germain's signature anatomical style, this illustrated guide examines the body's movements during 8 fundamental Pilates exercises, including practices using the Pilates Reformer, and explores the specific risks and common mistakes associated with each exercise. Detailing how injuries occur to the pelvis, back, wrists, and ankles during Pilates, the authors offer tips and guidelines to maintain correct alignment, improve stability, and prevent injury as well as increase the effectiveness of your Pilates workout.

pilates exercises for rib flare: Pilates: Full-Body Workouts for a Stronger, Sexier You Jasmine Evans, 2012-07-30 ABOUT THE BOOK Pilates is a kind of exercise that works both the mind and the body. It improves strength without necessarily building bulk. It also targets the core (midsection) and other muscles that often get neglected by other activities. My introduction to Pilates happened at an early age. For most of my life, I was considered tall for my age with long legs and big feet. My parents thought it would be a good idea to enroll their lanky toddler in ballet classes. I continued those classes (and other dance classes) for over 14 years. In high school, I was a lean 5'8" ballet dancer and basketball player. I still had big feet, but they were complemented by long legs, long arms, and a long neck. What did I have to complain about? My midsection. I was relatively slim, but I had a pudgy middle. In high school, where appearances are everything, I wanted to do something about it. Fortunately, around this time, my dance instructor introduced the class to the Pilates method. She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives. She promised that the method would flatten our midsections and make us feel taller. My dance instructor made good on her promise. After just 15-20 minutes of Pilates before we started dancing, I felt taller. Over time, I felt slimmer. I was hooked. I've been doing Pilates ever since, and I love it. I've taken classes and I've done several Pilates DVDs. Of all the activities I participate in (everything from running to basketball to kickboxing to Zumba), Pilates is one that I always come back to because it is really so effective and important. EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards--as if you are pulling it away from your belt line. Keep your rib cage relaxed and breathe normally. You should be able to feel the muscle contracting in your lower abdomen. Another essential skill is being able to activate your pelvic floor. Your pelvic floor muscles are at the base of your abdomen. They control your bladder and bowel functions. They also stabilize not only the pelvis but also the lower back. If you have lower back pain, are pregnant, or experience incontinence, learning how to control these pelvic floor muscles can really help. How do you activate your pelvic floor? Start in neutral spine position. Contract the muscles you would use to urinate. Breathe as you normally would. Once you can handle activating your TA and your pelvic muscles separately, try activating them together. Ready for some advanced Pilates moves? Great! Here are six of the most common moves for experienced Pilates pupils. Because sometimes it's easier to see the moves being done rather than reading about them, many of the links in this section are to videos. Advanced Pilates Exercises The Crab--The Crab requires complete control from your core, so it will give you a great ab

workout. It builds on exercises like the “Roll Up” but is slightly more advanced. Start by sitting up straight. Bend your knees almost Indian style and cross your feet at the ankles. Bring your knees up to your shoulders and grab your feet with your hands. Drop your head and allow your spine to curve as you prepare to roll. Breathe in and roll back. Control the movement. Try not to let your limbs flail around. Once you roll to your shoulders, let go of your feet and switch your feet around. Grab your feet again as you prepare to roll up. Breathe out and roll forward. Inhale as your head touches the mat. Roll back to repeat the move. Double Leg Kick--This move works the back extensors and the hamstrings primarily, but it can be a total-body exercise as well. Start by lying face down with your head turned to one side and your feet together.

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