

# SERVING UP A PILATES BODY WITH PAPER PLATES

Practicing Pilates Reformer work at home can be challenging (to say the least) if you don't have the apparatus at home! But if you are looking for long, lean muscles and Pilates flat abs this spring, here are some exercises you can do at home that mimic the exercises done on the Reformer. You'll work your core, upper body and lower half all in one session! All you need are a pair of paper plates and a bowlful of motivation!

## 1. PIKE

Start in pushup position with your toes on the paper plates. Be sure to keep your wrists in line with your elbows and shoulders for a firm support base. Inhale and as you exhale, pull your abdominals in and up as you lift your tush to the ceiling. Dragging your plates with you as you lift your seat, bring your legs under your hips. Keep your head in line with your spine and your shoulders reaching down your back and out of your ears. Inhale as you push your legs back behind you to the start position. 4-8 repetitions.

## 2. LEG SLIDES – INNER THIGH ABDUCTION AND ADDUCTION

Start in pushup position with your toes on the paper plates. Keeping your abs gently pulled up to your spine, begin to slide your legs out and open to the sides. Exhale, squeeze your glutes and fire up the inner thighs to pull the feet and paper plates back to start position. 4-8 repetitions.

## 3. JACKRABBIT

Start in pushup position with your toes on the paper plates. Scoop your abs up to the ceiling, round your upper back and drag your right knee in towards your nose on the exhale. Inhale and push your plate back to start position. Repeat on the other side. 8 repetitions alternating knees.

