

MAR 2010

# PILATES TIPS & TRICKS

*The Art of Fitness*



## Monthly Exercise

Sequence of firing each time you push the pedal on your spin bike:

Rectus Femoris (front of thigh quad), Vastii (front of thigh quad), Gluteus Maximus (butt muscle), Soleus (calf), Gastrocnemius (calf), hamstrings (back of thigh).

SOURCE: SCHWINN FITNESS Cycling Instructor Training Manual

**WHEN ON A SPIN BIKE ...**  
LEG MUSCLES THAT ENGAGE DURING THE PEDALING REVOLUTION

**PURPOSE:**

STRENGTHEN CORE, SHOULDER GIRDLE AND EXTERNAL HIP ROTATORS. CHALLENGE ENDURANCE OF NEUTRAL SPINE STABILITY.

1. Shoulder set wide at the collarbone while reaching up and out of your underarm.



2. Ensure your core is engaged so spine is held in neutral

while you float feet off the floor. Engage pelvic floor, low abs, obliques, ribs and inner thighs to create light feet.

3. Slowly stretch legs long while keeping the strength of inner thighs and core to sustain original core strength.



4. Keep your legs long, flex feet and turn balls of feet out. Turn feet out from the hip socket. Inner thighs and heels continue to press together.



5. Alternate between flexed feet turn out and pointed feet, (ball of foot pressing) and heels and inner thighs.

Repeat alternating pattern for 10-20 reps or stop if your shoulders are collapsing or if your spine is losing its position.

### GREAT NUTRITION RESEARCH WEBSITE...

Check out the Leslie Beck (writer for Globe and Mail) website. There are many great articles that will help you continue your lifelong journey of healthy living!  
[www.lesliebeck.com](http://www.lesliebeck.com)

### RECIPE OF THE MONTH OVERNIGHT OATMEAL

Makes four servings

- 1 cup steel cut oatmeal
- 3 cups water

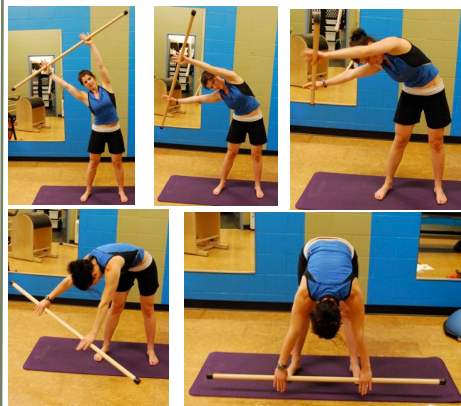
1. Stir oatmeal and water in the bowl of a slow cooker and turn heat to low.
2. Cook for 8 hours. Stir before serving.

It is nice to add dried fruit to the mixture. Add a bit more water if you are adding dried fruit.

Top with milk or yogurt.

Source: Oxygen Magazine, October 2008, p.51

### STRETCH OPTION



**SPIN MOBILITY, CIRCULATION:** Move slowly one vertebrae at a time, move only on exhale so feel free to pause at any point for inhale. Practice having one exhale take you all the way down and another back to the top. Remember you have 7 neck, 12 mid back and 5 low back vertebrae...