



P. 121

Stand-Up Abs

No need to get down on the floor to work your midsection. This is a stand-up, Pilates-inspired routine! Repeat this sequence 8 times, with one move flowing into the next. Total workout time: 10 minutes.

1 Praying Mountain Pose

Stand tall with feet together and weight on heels. Lift toes, bring palms together and hands into prayer position (as shown below, left). Lower toes, press chest forward to meet hands, and press elbows forward to open shoulder blades. Press heels into floor, feel spine lengthen, and engage abs. Hold for 1 minute (or for as long as possible, working up to 1 minute).



2 Single-Leg Stand

From final position of Praying Mountain Pose, lower hands to sides and bend knees slightly. Slowly lift right leg about 5 inches off floor, balancing on left leg (as shown on left). Keep abs engaged and spine lengthened. Hold for 10 seconds. Lower right leg. Repeat on left side.



3 Standing Hip Openers

From final position of Single-Leg Stand, lift right knee up to hip level (as shown on right). Slowly swing right arm across body and then out to the right side, keep ribs tight, spine lengthened, and hips square. Hold for 10 seconds. Slowly bring right leg back to center and lower. Repeat on left side.



ACTIVITY RECOMMENDED FOR ALL FITNESS LEVELS. CONSULT YOUR PHYSICIAN AT YOUR OWN RISK.

YOGA FOR EVERY BODY

We love this extra-wide yoga mat because it fits in the car, is a full 18 inches wider than traditional mats, fits in between couch cushions, and is the perfect size for your yoga practice.



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