

BELLIES, BUNS & BACKS

Bellies, Buns & Backs will challenge your abdominal muscles; increase the strength, power, and definition of your gluteal muscles; and strengthen your upper and lower back muscles for proper support and alignment. Following is the general protocol for the **Bellies, Buns & Backs** workout. The workout has four different components that combined will give you an hour of full body conditioning, strengthening and relaxation. The workout combines the principles of Pilates, some techniques from Yoga and just the right challenge to keep your body engaged and stimulated.

1--Full Body Awakening

The warm-up includes gentle, flowing Tai Chi-ish movements to slowly increase circulation throughout the body to prepare it for dynamic movements on and off the Ball.

2—Stability Ball on the Mat

“Roll-outs” on the Stability Ball lengthen the spine and engage stabilizing spinal and abdominal muscles. We will take a break from the traditional Plank and perform variations that will strengthen the muscle groups that stabilize your core. We use the Stability Ball as a base to build strong core muscles, increase mobility in the hips and strengthen the lower back muscles.

3—Small “Pilates” Ball on the Mat

The 8-9” inflated Ball provides consistent shoulder movement while also engaging lower abdominals for a non-crunching crunch. Used as a prop while completing pelvic lifts challenges the inner thigh, quadriceps, hamstrings, and gluteal muscles. For veterans to the class who have perfected the movements with the small ball, a light weight (2 or 3-lbs) can be substituted.

4—Deep stretching with and without the Yoga strap

The final stretching session allows your muscles to be restored to their lengthened state and to absorb the energy you have created. We perform full body stretching

on the mat and we also incorporate a Yoga strap to hold specific stretches directed at hamstrings, inner thighs and gluteal muscles.