

The Classical 34



The mat work that we do in session is all based upon the original 34 exercises devised by Joseph Pilates.

We then add in small equipment to help or challenge you and add variety to our sessions.

Exercise 11- The Saw

Aims:

- Lengthen the hamstrings and inner thigh muscles.
- Develop strength of back extensors.
- Enhance control in obliques.
- Train spinal rotation.

This is our "Marmite" exercise! You either love it or hate it!

It's the fabulous combo of hamstring and lower back stretches- areas which are often tight in many people.

It is not the correct exercise for you if you are pregnant as your bump will restrict your range- but you can do an adapted version with just 1 leg out in front.

It should also be avoided if you have osteoporosis or lumbar disc issues.

Remember precision and control in everything you do!

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