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Airplane Seat Workout Illustrated Exercises

Exercise 1 – A breathing exercise to strengthen deep abdominal & back muscles

Sit forward a bit in your seat. There should be a small inward curve in your lower back. I'd like you to imagine that there is a magnet on your spine and that it is found directly behind your navel. When you breathe in, the magnet is off (1a) so that your belly can fill with air. When you breathe out, the magnet turns on and pulls your navel gently back towards your spine (1b). When the magnet turns on and off, the bones of your lower back do not move.



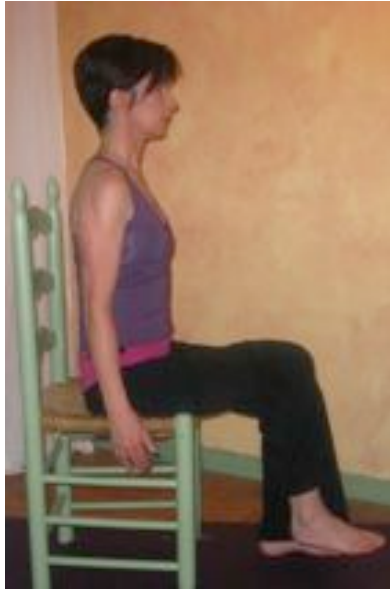
1a



1

Exercise 2 – Strengthens your abdominal and back muscles while the hip moves

Start by sitting tall and a bit forward in your seat. When you exhale, your navel is being pulled gently back towards your magnetic spine AND you are going to lift one foot just one inch over the floor (2a). Hold it here. Release your foot.



2a

Exercise 3 – This exercise stretches the chest and strengthens your upper back

Still sitting a bit forward in your seat so that your back is not touching the seat. Bend your arms and hold them beside your body. Your palms turn inward to face each other. Look straight ahead and lift your heart a bit (3a). Hold your heart lifted and press your bent elbows back (3b). Slowly pulse your bent elbows back – moving as though you are in slow motion.



3a

3b

Exercise 4 – Gentle spinal rotation

Sit tall with hands on opposite shoulders. As you inhale, slowly turn your breastbone just 1 or 2 inches to the left (4a). Return to centre as you exhale. As you inhale, turn your breastbone just 1 or 2 inches to the right (4b).



4a

4b

Exercise 5 – Stretch your neck, upper back and shoulders

Sit tall. Place your left hand underneath your left buttock with your palm facing up. Tip your head to the right (5a). Switch and sit on your right hand, tipping your head to the left (5b).



5a

5b

Exercise 6 – To promote circulation in the legs

Sit tall and hold your shin with both hands (6a). If you have room, you can cross your legs instead. Start by circling the ankle – imagine that you are tracing a clock face and you need to touch all twelve numbers on the clock (6b). Go both directions. Then, draw the letters of the alphabet in big capital letters. When done, switch feet.



6a

6b