

# THE BEST OF PILATES STYLE

Whenever we ask you what your favorite part of this magazine is, you almost always say it's the workouts. That's no surprise, given that they've been crafted by the industry's most renowned masters and up-and-comers for the past decade.

This year, we celebrate 10 years as the one-and-only magazine dedicated to the living and (deep) breathing Pilates lifestyle. This would not be possible without one key thing: you. To show you how much we appreciate your support, dear readers, we have called on some of the biggest names in the biz to help us choose the best-of-the-best workout routines and exercises that have ever graced the pages of *Pilates Style*. And since we always hear you, we've included your top picks to boot. This issue is going to be a keepsake; you'll want to have it on hand for years of working out to come. Get those abdominals fired up and those shoulders away from your ears—it's time to get your method on!



# BEST OF CLASSICAL

## EDITOR'S PICK

**WORKOUT:** Blossom Leilani Crawford's "Strengthen Your Trunk with the Elephant"

**ISSUE:** Winter 2005

"I adored the Elephant workout on the Reformer. It's one exercise—but you get so much bang for your buck because it addresses strength and flexibility (not to mention control!) in many different muscle groups all at once!" —*Deborah Quilter, the first-ever editor in chief of Pilates Style*

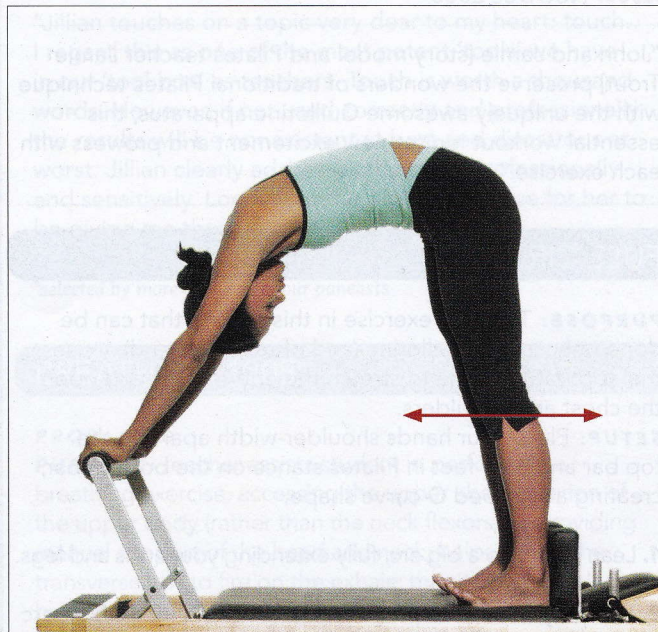
## ELEPHANT

**SPRING SETTING:** 2 springs

**PURPOSE:** strengthens your abdominals and increases stability, strength and flexibility

**SETUP:** Start by standing on the Reformer with your heels pressed against the shoulder rests, hands grasping the footbar and abdominals scooped in, creating a C-curve with your back.

1. Inhale and push the carriage out with your legs, maintaining the position of your upper body (your hips shouldn't shift back, just your legs). Exhale and bring the carriage back in. The tempo is fast out, slow in. Do 3-8 reps on each leg.



**TIPS:** Allow your head to hang down and do not let your shoulders or hips rotate. Draw up your abdominals to round the spine and use them to power your legs out and in.

**BROOKE SILER,** celebrity Pilates teacher and best-selling author

**WORKOUT:** Romana Kryzanowska's "Ladder Barrel Master Class"\*

**ISSUE:** Nov/Dec 2005

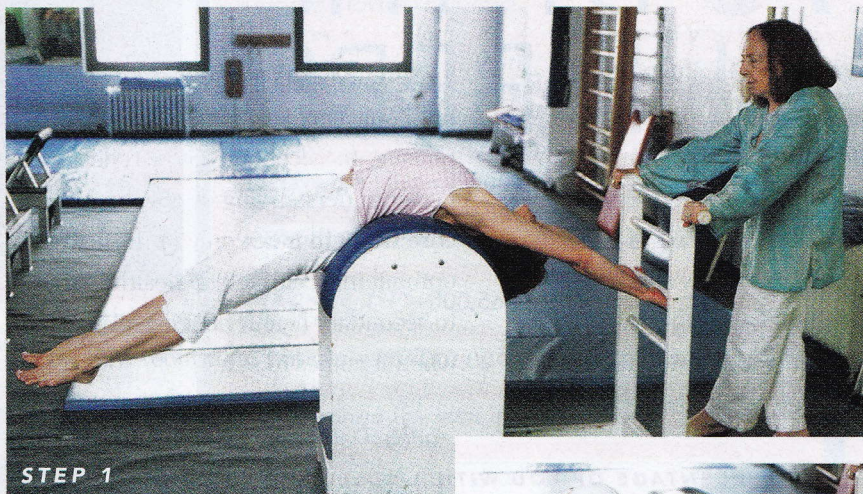
"The Ladder Barrel is an unsung hero of counteracting modern postural ills, and no one could bring it to life like Romana, especially with the incredible Kathi Ross-Nash to demo. Combining both supported extension and flexion in their extremes plus the spinal traction from the hanging of the legs, Leg Circles over the Ladder Barrel (when taught properly) is a wonderful way to decompress the joints."

\*selected by more than one of our panelists

## LEG CIRCLES

**PURPOSE:** decompresses the joints; increases stabilization of the spine, box (shoulder to shoulder, hip to hip) and torso; deepens the powerhouse connection; articulates and strengthens the hip; introduces isolation of joint movement; stretches the outer part and back of the leg

**SETUP:** Stand with your back facing the Barrel. Bend backward over the



Barrel to grab the lowest rung you can comfortably hold.

1. Press your legs together and lift your feet from the floor, extending your legs toward the ceiling. Keeping your legs together, circle your legs 3 times to the right and then 3 times to the left. Keep the circles small with the back of your hips and torso pressed firmly into the Barrel.

2. Lower your feet to the floor, hip-width apart and parallel. Release your hands from the rung, straighten your legs and



come to standing. Bend forward, reach through your legs underneath the Barrel and grab the wood on the bottom for an extra stretch. Roll up to standing.