

1

Tight Spot: Hips
The Fix: Seated IT Band/ Glute Stretch

THE SETUP
(A) Sit down, and cross your left ankle over your right knee (your ankle bone should be just outside the edge of your knee).
(B) Push your right heel off the ground into a tiptoe position so your right knee presses into your left ankle.

THE MOTION
Engage your left glute so your left ankle pushes back against the force of the right knee. Slowly raise and lower right heel, repeating 10 times. (Lean forward at the waist to deepen or intensify the stretch.) Repeat on other leg.

2

Tight Spot: Lower Back
The Fix: Hamstring Stretch

(B) Hinge forward from the waist.

THE SETUP
(A) Put your leg up on a coffee table or a chair at a comfortable height.

THE MOTION
As you lean forward, push your heel into the table to engage your hamstring. Then use the power of your leg pushing into the table to get your body back upright. Move forward and back 10 times. Repeat on other leg.

3

Tight Spot: Fingers & Forearms
The Fix: Wrists & Arms Stretch

THE SETUP
(A) Get down on your hands and knees.
(B) Place your palms on the floor (they might not be totally flat) so that fingers point toward your knees.

THE MOTION
Maintain tension by pushing your fingertips into the floor. Shift your weight a small amount—an inch or two is enough—toward your heels, then return to starting position, repeating 10 times. If this position bothers your knees, modify the motion so that you stand and place hands on a table or counter, and slowly lean back.

Styling by Gabrielle Perreault; hair by Nathan Rosenblatt for Honey Artists using Gosdy and Oudred makeup by Colleen Ruane using Bosc Cosmetics for Art Department

Exercises 1, 3 and 5 provided by Carrie Collins, exercises 2 and 4 provided by Wesel August 1, tank top: Adidas, sports bra: Lululemon, sneakers: Asics, foam roller: NordicTrack

4

Tight Spot: Upper Back
The Fix: Shoulder Stretch

THE SETUP
(A) Hold your right arm in front of you, upper arm parallel to floor and elbow bent.
(B) Grasp your left elbow in your right hand.

THE MOTION
Gently pull left elbow to the right, resisting the pull by activating your left shoulder. Maintain that tension as you pulse the left elbow against your right hand. Repeat 10 times; repeat on other arm.

5

Tight Spots: Mid-Upper Back & Shoulders
The Fix: Chest Stretch

THE SETUP
(A) Lie on a 30- or 36-inch roller positioned along the length of your spine, and make sure your head and sacrum are resting on the roller.
(B) Place your feet hip-width apart, with knees bent.

THE MOTION
Keeping abs engaged, exhale and reach your arms straight up, and then over your head (with upper arms next to your ears). Inhale and, with palms facing up, circle your arms toward your hips. Repeat 8 to 10 times.

6

Tight Spot: Entire Back
The Fix: Spine Stretch

THE SETUP
(A) Sit on the floor with feet together and knees bent.
(B) Lean back, position lower shoulder blades on roller, and place hands behind head.

THE MOTION
Keeping abs tight, lift hips to shoulder height and roll back and forth along the mid-back area. (Don't roll onto neck or low back.) To isolate the upper spine, lean your head, neck, and shoulders toward the floor as you're rolling, as if you're draping the spine over the roller. Repeat 8 to 10 times.

DROP \$30 ON A FOAM ROLLER AND YOU'RE READY TO ROLL. IT PROVIDES LEVERAGE AND GENTLE PRESSURE TO GET AT TIGHT, HARD-TO-REACH AREAS, SAYS WENDY AUGUST, A PILATES INSTRUCTOR IN NEVADA CITY, CALIFORNIA.

ANTHONY CUNANAN

WWW.ANTHONYCUNANAN.COM
ANTHONY@ANTHONYCUNANAN.COM