

WORKOUT BY JENNIFER DELUCA

## pumping

Springs: 1 top and 1 bottom, or 2 top

**SET UP:** Sit with your sitz bones at the front edge of the seat and the balls of your feet on the pedal, hip-width apart and parallel. Place your hands on the outside of the chair, or fold them in the more advanced "genie" style.

**MOVEMENT:** Without moving any other part of your body, pump the pedal down with your legs in a brisk but controlled tempo 20 times. Do one pump per second, with the accent on the "down" motion. Pump a little faster when you get better at it.

**BREATHING:** Exhale as you press the pedal down. Inhale as it comes up.

**CUES:** Keep the shoulders over the hips the entire time. As you press the pedal down, think of lengthening the spine upward; as the pedal comes up, continue lengthening your spine. Be conscious of winging or sickling the feet; keep the hips, knees and ankles perfectly aligned. Raise the heels as high as possible to challenge the lower quadriceps. Lowering the heels slightly works the hamstrings more and lightens the load on calves and quadriceps. Pumping can also be done with the feet turned out, which is great for pregnant women.



## push down

Springs: 1 middle

**SET UP:** Stand facing the chair, one foot's length away. Raise your arms overhead, keeping your shoulders down. Keep your upper arms alongside your ears and roll forward through your spine, placing the hands on the pedal, thumbs in line with the rest of your fingers.

**MOVEMENT:** Press the pedal to the floor. (If you cannot reach the floor, place a phone book underneath the pedal.) Pump the pedal three times by flexing and extending at the elbow joint, keeping the rest of the body still. Do one pump per second with the accent on the extension. After the third pump, leave the arms straight and roll up until the pedal is at its fully raised position, but your body is still rounded forward. Repeat this sequence three times. After the third set, roll up fully, one vertebra at a time from the base of the spine, with the head and arms coming up last.

**BREATHING:** Inhale in the starting position. Exhale as you roll down. Inhale as you bend the elbows. Exhale as you extend. To come all the way to standing, inhale to prepare and exhale as you roll up.

**CUES:** From start to finish, keep your weight over the balls of the feet. Instead of looking at the pedal, imagine that the top of your head is magnetically attracted to the pedal. During the roll up between sets, think of lifting the pedal up with your navel. Scoop in toward your spine and try to keep the distance between your hips and shoulders compact. You should feel a tremendous amount of work in your powerhouse.

