

pull up

Springs: 1 top and 1 bottom

SET UP: Stand facing the chair and bring the pedal down with one foot. Place your hands on the back edge of the chair, shoulder-width apart, and step your other foot onto the pedal. Legs are slightly turned out, heels together and lifted, with the balls of the feet on the pedal. Round your spine like a cat waking up from a long nap.

MOVEMENT: Draw your abdominals up toward the ceiling and shift your weight slightly toward the hands. Try to bring the pedal up until it stops. Once there, do 5 small pulses up and down. Slowly lower back to the floor. Repeat 3-5 times.

BREATHING: Inhale to prepare. Exhale to draw the pedal up. Exhale each time you pulse up and inhale as you lower back down.

CUES: Notice the distance between the legs and torso in the starting position versus at the top of the Pull Up. This exercise is like an upside down Teaser that gets more compact as the pedal raises; rather than shifting the weight further forward, try to keep your shoulders over your hands and lift your hips straight up, narrowing the space between the torso and legs. Keep the head down and the arms and legs straight. Draw the legs together and use that energy to help you bring up the pedal.

