

Featured exercise – “Scooter on the reformer”

Whole body health is the balance of the body, mind and spirit. This can be achieved through exercise (Pilates), proper diet, good sleeping habits and a balance in life of work, recreation and relaxation.

Scooter on the reformer

We love this exercise because it’s good for anyone with hip or lower back problems. It will also improve balance and of course core stability.

What is it working?

This exercise strengthens buttock (gluteals), thigh muscles, abdominal and spine stabilisers. It also stretches the hip flexors.

How do I do this exercise?

Set up:

Standing facing the foot of reformer, hands on the foot bar.

Foot closest to reformer is propped against shoulder rest, other foot is on the floor, toes aligned with the foot end of carriage and standing leg bent.

Movement:

Draw in lower abdominals, keep pelvis square (both hips pointing forward).

Inhale to prepare, exhale as you press carriage back by straightening leg.

Inhale to return to starting position.

Working heel anchors down into shoulder rest and push back.

Focus on keeping front knee bent over 2nd toe.

Keep your shoulders down and tuck your chin in.



Incorrect technique (how not to do it):

Chin poke, shoulders hunched, pelvis dropped on one side.

Loss of neutral lower back (too much arch in lower back).

Body is moving.

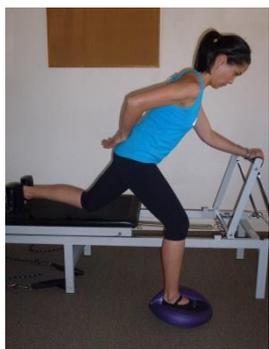
Standing knee moving forward in front of ankle.

Can anyone do this exercise?

Don’t try “scooter” if you have foot problems that won’t allow you to rest your foot up on the foot rest.

If you have an unstable pelvis or poor balance, this one may not be right for you.

Check with your physio if you have hip, knee or ankle problems.



Too easy?

You can make “scooter” more challenging by:

Finger tip touching the bar, or one hand off the bar, or no hands on the bar.

Arms swing in opposition with full lunge.

Body bent over, so the body is parallel to the floor.

Take the leg extension further into the lunge position.

Stand on balance disc.