

# Winter Workout

The weather outside is *frightful*.  
Sitting on your couch all warm  
and cozy is *delightful*.

In cold weather the last thing you want to do is get up and make the trek to the gym. Because weather should never be an excuse not to exercise, Liza Carmona, co-owner of Miami's The Pilates Studio has created a full-body workout that just requires a simple Flex-band, and for you to get off the couch. Okay, you may also have to move the couch a little to create some space.

Don't be fooled thinking a workout using just a flexible piece of rubber couldn't be a real workout. Using her expertise in Pilates, Liza created a workout that is centrally focused on using and strengthening your core; but, Liza also makes sure all of your large muscles benefit from this workout.

It is time to get off the couch, hit the floor and get to work!

**Photographer:** Matt Dunn  
**Makeup Artist:** Rochelle Lee  
**Instructor:** Liza Carmona (on right)  
**Model:** Daena L., Next Model Management





### 1. Side Breathing

**Focus:** oblique abdominals, flexibility, pelvis.

Place band horizontally flat on the floor. Sit Indian-style on top of band. Lightly hold each end of the band in hands with bent elbows. Reach one arm up. Inhale. Be sure to keep sitting up as straight and tall as possible. Move arm that is up over head out on a long diagonal. Exhale. Inhale. Move arm back. Continue to sit up tall. Exhale. Bend elbow back into side. Do three times alternating sides.



## 2. Hip Roll

**Focus:** hamstrings, shoulder blades.

Put band around shoulder blades and lie down on back. Keep knees bent and feet hip distance apart. Reach arms up. Keep shoulder blades down. Inhale. Roll hips up. Press heels down and

engage glutes. Exhale. Roll back down feeling as each part of the spine is placed on the floor -- upper back, middle back, lower back. Do 4 times. For an additional challenge, lift toes and balls off the floor. Keep heels grounded. Do same exercise 2 times.



## 3. Ab Curls

**Focus:** upper abdominals, triceps, pelvis.

Hold band slightly wider than shoulder distance apart. Inhale. Reach arms straight back behind head. Exhale. Bring the arms forward and bend elbows close to chest. Roll head, neck and shoulders off the floor. Bend elbows by sides of chest. Exhale.

Nod head and begin to peel head, neck and shoulders off the floor. Inhale. Stretch arms out to form a "T" while keeping tension in the band. Exhale. Bend elbows back close to chest. Roll shoulders, neck and head down. Reach arms back over head. Do 6 times. If neck hurts don't use band and support head with hands.



## 4. Oblique Prep

**Focus:** obliques (side muscles of abdominals), triceps, pelvis and shoulders.

Start with band in same position as in Ab Curl. Bend and bring one leg up to a 90 degree angle. Keep other leg bent on mat. Inhale. Exhale. Curl shoulders and upper back off the floor

and reach band toward shin of bent leg. Inhale. Exhale. Extend bent leg out on a diagonal while rotating to same side as the raised leg. Extend arms and band straight out on this diagonal. Inhale. Move leg back to center and bend. Center body. Exhale. Roll shoulders and upper back down on to the floor. Do 4 times on each side. Repeat.



### 5. Half Roll Back With Bicep Curl

**Focus:** lower abdominals, flexibility in lower back, biceps, outside shoulders.

Sit up straight on floor. Extend legs fully out in front. (For tight hamstrings or lower backs keep knees slightly bent.) Wrap band around balls of both feet. Hold band at the very ends. Palms face

each other. Keep stomach tight and curled in. Exhale. Roll half-way back starting from tailbone and glutes. Inhale. Exhale. Bend elbows (bicep curl) back towards ribs. Keep elbows up. Roll up. Sit up straight. Extend arms. Do 2 sets of 4.



### 6. IT Band Stretch

**Focus:** hamstrings, hips, abdominals, back, triceps.

Lie on back with one leg extended straight out on the floor. (If uncomfortable for lower back, bend knee and keep foot flat on floor.) With band wrapped around ball of other foot, stretch

other leg straight up towards ceiling. Crisscross band and hold ends in tight fists. Extend arms into a "T" with fists touching the floor. Inhale. Exhale. Move leg stretched towards the ceiling in a diagonal. Do not let hip move off the floor. Return back to center. Do 4 times on each side.



### 7. Upper Back Extension

**Focus:** back, abdominals.

Lie down on stomach. Band is lightly draped behind shoulder blades. In each hand, hold band loosely between thumb and index finger. Elbows bent close to sides. Keep legs straight out hip distance apart. Keep legs and hips on the floor through entire

exercise. Straighten neck so tip of nose is touching the floor. Pull shoulders and upper chest off floor. Inhale. Exhale. Extend straight arms to a "T." Inhale. Lift arms slightly higher then back. Lift shoulders and upper chest slightly higher off floor. Exhale. Pull elbows in. Release neck and shoulders down. Do 6-8 times.



## 8. Side Clams

**Focus:** Outer thighs, obliques, pelvis, shoulders.

Wrap band in bow slightly above the knees. Lie on side. Prop this side off the floor with a bent elbow. Keep legs pressed together. Lift upper leg but keep feet touching, making the shape of an

open clam. Slowly bring top leg down. Do not arch back. Do not lose connection of feet. Keep lower back stable. Don't sink into shoulder of supporting arm. Do 10 times. Then do 5 quick open/close pulses (continue, keep feet touching). Repeat.



Don't be fooled thinking a workout using just a flexible piece of rubber won't give you a real workout.

## 9. Standing Side Bend

**Focus:** quads, abdominals, shoulders, pelvis.

Stand tall. Feet hip distance apart and parallel. Fold band in half. Hold in hands. Reach band straight up high over head. Keep

shoulders down. Exhale. From chest reach towards one side on a high diagonal. Do not bend arms. Try to remain centered. Inhale. Return to starting position. Do 4-6 times, alternating sides.



All your large muscles will benefit from this workout.



### 10. Standing Roll Down

**Focus:** back, hamstrings, shoulders.

Place band beneath feet. Stand up straight with feet hip distance apart. Inhale. Reach arms above head. Hold ends of band in each hand. Exhale. Roll down starting with head. Allow band to go slack. Relax. Exhale. Roll up with bent elbows. When standing tall reach arms straight up. Inhale. Open arms out to a "T." Extend upper back slightly backwards. Exhale. Return arms overhead. Repeat.

#### Understanding Pilates™

The workout Liza Carmona created is based on the principals of Pilates. Pilates is a system of over 500 controlled exercises that condition the total body. It is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates works several muscle groups simultaneously through smooth, continuous motion with a particular concentration on strengthening and stabilizing

the core (the abdomen, back and pelvic region – sometimes referred to as the powerhouse). Pilates is named after Joseph Pilates, who developed the exercise regimen back in the 1920s. With a background in yoga, Zen meditation, martial arts, Pilates devised a unique sequence of movements that worked the muscles in harmony. The focus is on the quality of movement rather than quantity. Pilates takes a balanced approach so that no muscle group is overworked.