



CRUNCH FITNESS AND JETBLUE AIRWAYS PRESENT

jetBlue
AIRWAYS

Flying Pilates

Core-strengthening moves, or relaxing without the aid of petite liquor bottles.

Begin all exercises by sitting up tall, slightly away from the back of the seat. Your feet should be flat on the floor and your arms should be by your side reaching for the floor. Your shoulders should drop down and back. P.S. For good Karma, always consult a physician before doing any physical exercise.

SINGLE LEG STRETCH

Inhale, lengthen the spine. Exhale, lift your right knee, place your left hand on your shin, right hand to your ankle and bring your knee into your chest and your forehead toward your knee. Keep your elbows folded in and shoulders down. Inhale, and on next exhale, release to starting position. Repeat to the other side. 6-8 reps each leg.

You now feel safe, relaxed. Embraced by Zen, you are becoming a man/woman-child. Please do not speak in a baby's voice.



SPINE TWIST

Cross arms in front of chest, hands resting on top of opposite shoulder. Inhale, lengthen the spine. Exhale, rotate to the left keeping shoulders down and arms in front of chest. Inhale, exhale to deepen the twist. On the next exhale, return to center and repeat to the right. 4-6 reps.

You feel refreshed. Your eyes are bright, clear, and yes, your teeth are much, much whiter. May peace flow through your day.



GET THE LATEST PILATES VIDEOS AT ALL CRUNCH LOCATIONS:

Pick Your Spot Pilates 30 minutes – three 10-minute workouts that focus on a specific body part: abs, buns or thighs. This video will help sculpt, while avoiding that scary bulky look. Create sleek abs, leaner legs and a bikini-worthy tush.

GO TO crunch.com FOR MORE INFORMATION ON ALL CRUNCH PILATES CLASSES.



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SWIMMING

Inhale, reach arms overhead. Exhale, drop shoulders out of ears as fingertips reach up. Inhale to lift chest up to the ceiling and extend your spine. Slowly begin a swimming flutter motion with the arms as you continue to lift your chest to the ceiling. Stay for 5 breaths and then release. 2-3 reps.

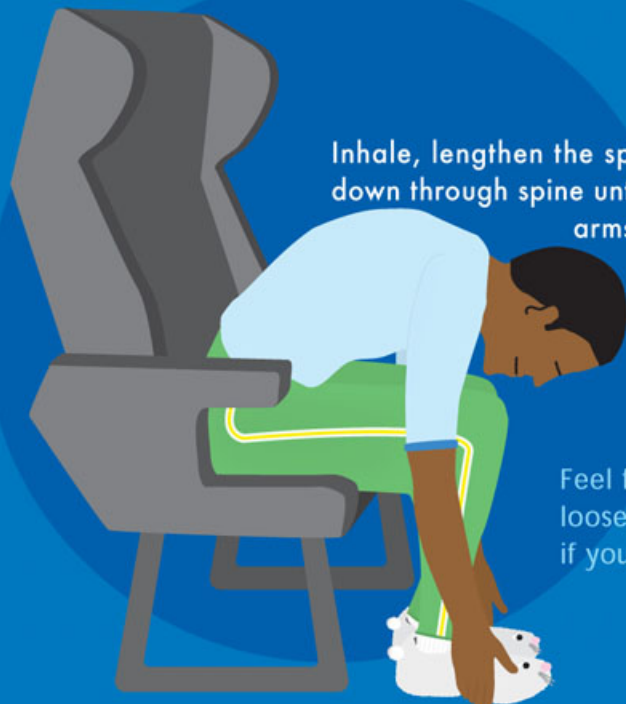
A sense of tranquility overcomes you. Perhaps you feel downright cozy. There is no reason to keep your eyes open unless a really good dramedy is on TV.



ROLL DOWN

Inhale, lengthen the spine. Exhale, drop chin to chest and roll down through spine until head reaches between knees and your arms toward the floor. Inhale, stay with back rounded and abs pulled in. Exhale, roll back up, pulling your abs up and in. Imagine making space between each vertebra and feel your shoulders reach away from your ears. 4-6 reps.

Feel free to relax even more. Unclip your hair, loosen your tie. Take off your socks. But only if your feet smell of milk and honey.



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