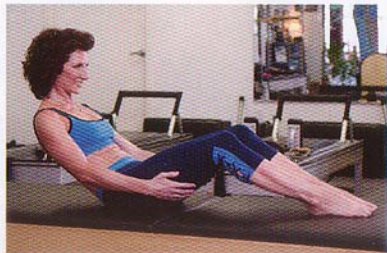


Crunch Time

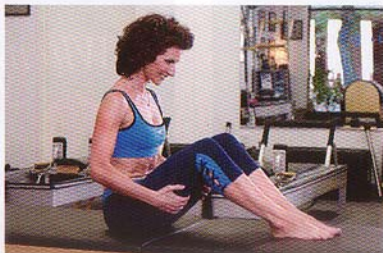
Brie Adina Neff, owner and senior certified instructor of Equilibrium Pilates, demonstrates the "**Roll Down**," a classic Pilates move that'll help get your middle in shape.

TARGETS: Abdominal muscles, as well as the lower and middle back.
REPETITIONS: Neff recommends doing this move "10 times with integrity."



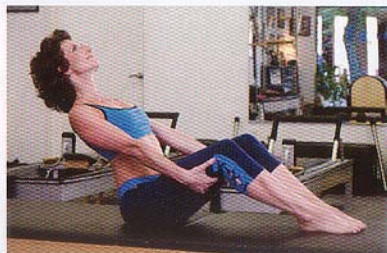
STEP 1:

Sitting on a floor or mat with your knees bent, round your back by engaging your abdominal muscles to resemble the letter "c." Use the abdominal muscles to roll back. Your feet should remain on the floor at all times.



STEP 2:

Pull abdominal muscles in even deeper and roll back up to the starting position.



AVOID:

Pushing your abdominal muscles out and straightening your back, which could cause tension in your neck and shoulders.