



## May News & Info

Do you feel like your core has melted sometimes?



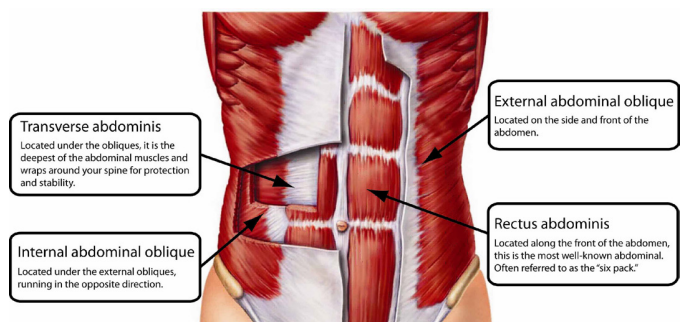
Don't worry! It can harden again.

The core is not one specific muscle, but a range of different muscles that work together as a team to support your spine and pelvis, to provide balance and stability, and generate power to lift and move the body as a single functional unit.

Core muscles in this "team package" include:

- Front body: transverse and rectus abdominus — muscles that run from just below your sternum to your waist
- Back body: erector spinae, latissimus dorsi, iliocostalis, and multifidus, spinalis, longissimus

- Side body: internal and external obliques — muscles that run down along your sides, from your ribs to your upper hips; and quadratus lumborum – flank muscles along the sides of the abdomen
- Hip flexors: inner thighs, gluteus maximus and medius, hamstrings, and rectus femoris



*(See exercises for these on next page)*

For information about special classes and all the goings on in May, please visit our website at

[www.KatePorterYoga.com](http://www.KatePorterYoga.com)

# May Tips

all gain and no pain!

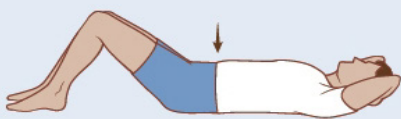
## STRENGTHEN YOUR CORE

The muscles in your back, hips, abdomen and pelvic floor — known as your core muscles — connect your upper and lower body. These muscles work as a unit to stabilize the body and spine. They provide a foundation for the movement of the rest of your body.

TO HELP MAKE YOUR CORE STRONGER, TRY THESE EXERCISES:

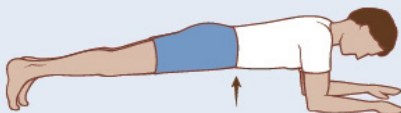
### Isometric contractions

- Lie on your back with knees bent and feet flat on the floor.
- Flatten out the small of your back by tightening your abdominal and buttock muscles. Hold for 5 seconds, then relax.
- Repeat 10 times.
- Work toward three sets of 10.



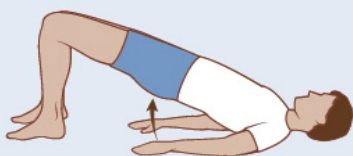
### Planks

- Lie on your stomach. Rest your upper body on both elbows and tighten your abdominal and back muscles.
- Raise your hips and knees. Hold for 10 seconds.
- Slowly lower yourself.
- Work toward holding the plank for a full three minutes.



### Bridges

- Lie on your back with bent knees and arms at your sides, palms down.
- Keep your abdominal and buttock muscles tight as you slowly raise your hips.
- Hold for 10 seconds, and then slowly lower your hips.
- Do three sets of 10.



KPY classes that include core strengthening:

|          |       |              |
|----------|-------|--------------|
| Monday   | 19.30 | Intermediate |
| Tuesday  | 09.30 | Yoga Pilates |
| Tuesday  | 19.45 | Pilates      |
| Friday   | 09.30 | Pilates      |
| Saturday | 10.00 | Vinyasa      |
| Sunday   | 11.30 | Pilates      |

## plank 5 min workout



1:00 basic plank

0:30 elbow plank



1:00 leg raised plank  
30 seconds - each leg



1:00 one side plank  
30 seconds - each side



0:30 basic plank



1:00 elbow plank

Even poses that don't necessarily emphasize the core are made easier and safer with core

