

W MAINICHI WEEKLY

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定価1ヵ月970円(本体価格924円)・1部240円(本体価格228円) 昭和47年4月6日第3種郵便物認可 毎週土曜日発行

2006年～2007年の一年間“毎日ウィークリー”におきまして、月次でピラティスのエクササイズを紹介、掲載させていただいております。毎回、新しい運動を取り入れ、正しく運動を行うための注意点なども含めております。おかげさまで、老若男女問わず読者の皆様にも大好評で、楽しんでいただいているようです。ここでその一部をご紹介します。



Katherine & Kimberly Corp

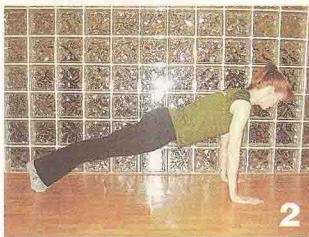
New York Pilates

ピラティスは、毎日簡単に行えるエクササイズです。
コア筋力によるやさしいピラティス講座で、美しく健康な体を目指しましょう。

9) Long plank

We were busy running our studio because many people were exercising to prepare for Thanksgiving. (Americans tend to eat a lot on Thanksgiving.) Many New Yorkers had been squeezing in additional workouts. We cooked healthy, vegetarian Thanksgiving meals for ourselves, but of course we cooked old-fashioned turkey dinners for our husbands and friends!

This month's exercise, "Long Plank," requires stabilization in neutral, which means your spine should remain as straight as possible. Use your abdominal strength to help support your back and prevent it from arching. If you feel pain in your lower back or tension in your neck and shoulders, repeat the first two pictures until your strength increases.



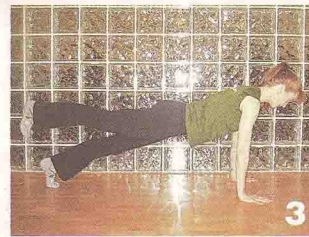
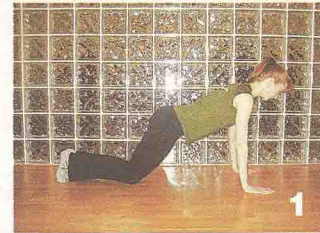
Inhale Prepare.

Exhale 長い板のような姿勢を作る
Straighten your legs to bring your body into one long line from shoulders to heels. Pull in your abdominals to support your lower back.

Inhale Hold the position.

Start →

足を曲げ肩の真下に手をつく
Place your weight on your hands and knees. Your hands should be right under your shoulders and your knees should be behind your hips. Flex your feet and curl your toes under.



Exhale 水平に足を上げる

Lift your right leg while keeping your hips level. Don't shift your weight!

Inhale Lower the leg.

Exhale 反対の足も繰り返す

Lift the left leg up, keeping the hips still.

Repeat 5-10 times alternating both legs. **CD**

WORDS 単語をチェック

long plank 長い板 squeeze in additional workouts トレーニングを余分に詰め込む stabilization in neutral 動かずに安定すること spine 背骨 abdominal strength 腹筋の力 arch アーチ状になる lower back 腰 tension 張り behind ～の後ろに curl 曲げ

る inhale 息を吸う exhale 息を吐く bring ~ into one long line ~を長い一直線にする pull in one's abdominals 腹筋を引き締める level 水平な shift weight 体重を移動させる still 静止した alternate 交互に行う

Katherine

and Kimberly Corp

Former professional dancers with the Radio City Rockettes, Katherine and Kimberly Corp became certified Pilates instructors in 2000, opened Pilates on Fifth in New York City and founded the Pilates Academy International to certify instructors. They worked for Japanese companies in the '90s and recently appeared on NHK's *Marutoku Magazine*.
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10) Shoulder bridge

Happy New Year! The Christmas season is so beautiful and fun in New York City, and we're a little sad it is over! But now that 2007 has begun, we're helping our clients with their New Year's resolutions to lose weight and get in shape. We hope we can inspire you to healthier lifestyles as well.

This month's exercise, "shoulder bridge," targets muscles of the back of the leg: the gluteus maximus and the hamstrings. Sometimes the hamstrings cramp in this exercise, so make sure to stretch before and after!



Inhale Prepare.

Exhale お尻を上げ、ひざから肩までを一直線にする

Curl your tailbone off the mat and press into your feet to lift your hips up into one straight line from your shoulders to your knees. Your back should NOT be arched: you should have your abdominals pulled in to support a straight spine.

Inhale かかとを上げる

Lift your heels off the floor, maintaining the position.

Exhale かかとを上げたまま最初のポーズに戻り、かかとを下ろす

Keeping the heels lifted, roll down through your spine to the starting position and lower your heels AFTER you have returned to the mat (Picture 1). REVERSE: Start lying on your back with the heels lifted and roll up to Picture 3. Then lower the heels (Picture 2) and roll down to the starting position (Picture 1).

Repeat 4 times each way. **CD**



Start →

ひざを立ててあおむけになる
Lie on your back with your knees bent and your feet flat on the floor hip distance apart. Your arms should be straight and relaxed by your side.



WORDS 単語をチェック

client 顧客 New Year's resolution 新年の抱負 lose weight 減量する get in shape 体を鍛える
る inspire ~ to ... ~に...を奨励する target 対象とする muscle 筋肉 back of the leg ふくらはぎ gluteus maximus 大殿筋(大腿骨の筋肉) hamstring 膝腱 cramp 引きつる
lie on one's back あおむけに寝る (with) your feet ... apart 足の裏を床につけて腰幅に広げて by one's side ~の横に inhale 息を吸う exhale 息を吐く curl your ... mat お尻をマットから上げる press into one's feet 足に力を入れる lift ~ up ~を持ち上げる arch アーチ状に曲げる have one's abdominals pulled in 腹筋に力を入れる spine 背骨 lift ~ off ~ ~を...から離す heel かかと roll down through ~ to ... ~を...まで下ろす lower 下ろす roll up to ~ ~まで上げる

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