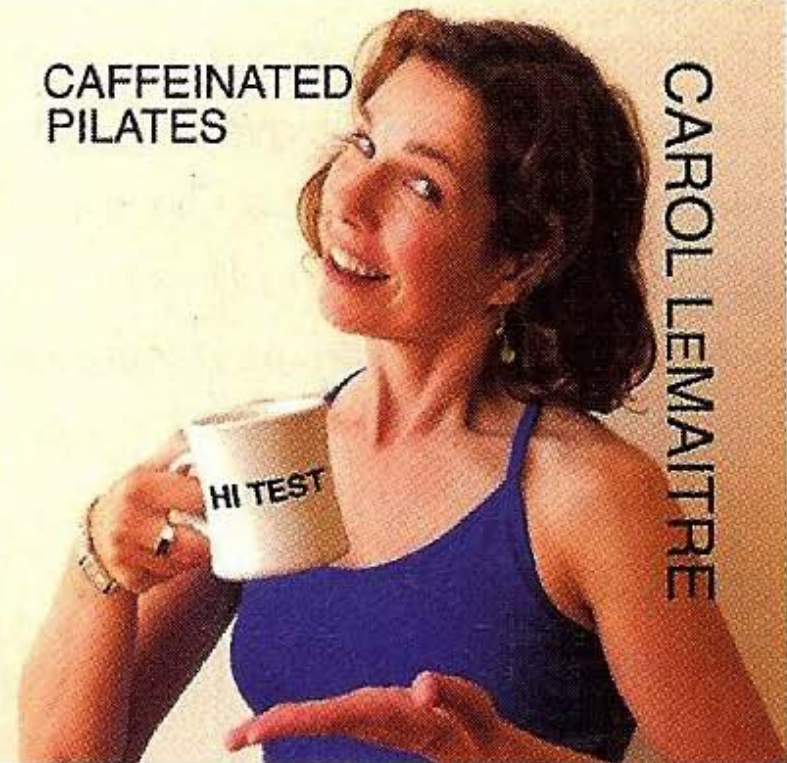


CAFFEINATED
PILATES

CAROL LEMAITRE



Caffeinated Pilates

CD instructor: Carol LeMaitre, owner of Sanchez Street Studios in San Francisco

Level: intermediate to advanced

Equipment: mat

A sound alternative to exercise DVDs, this audio CD workout is a refreshing way to supplement your at-home practice. The 40-minute total-body workout is fast-paced (hence the title), but it's slow enough to follow. After a brief warm-up with such exercises as Waterfall and Side Bend, LeMaitre's soothing voice takes you through a classical series, with moves including Upper-Ab Curl, Pelvic Tilts,

Single-Leg Stretch, Criss-Cross, Swimming and Leg Circles. Additionally, you'll receive ample breathing, stretching and alignment cueing ("tighten the belt around your waist") throughout each sequence. The best part: The session really feels like private instruction—and it's designed for your living room. For example, before doing Rollover, LeMaitre reminds you, "Scoot your bottom forward so you don't kick anything behind you." Also check out the downloadable version, available for \$9.99 on iTunes.

40 minutes (\$12)

Sanchez Street Studios

Find it: sanchezstreetstudios.com