

Muscle Focus: This aerobic move also works the muscles of your torso. It strengthens your torso and can help alleviate and prevent back pain.

Starting Position: Place the noodle behind your upper back and under your arms; your arms should be outstretched to either side at shoulder height and resting on the noodle. Hold your body in a straight line from your head to your toe; keep your chest lifted and a rock belly, with neutral pelvic posture. For added stability and slightly increased resistance, grasp a second noodle held horizontally in front with both hands.

Action:

1. This move requires you to use your torso as your means of locomotion, forming a “funnel cone” that looks somewhat like a slow-moving, upside-down tornado. Alternately contract your trunk muscles on the right, front, left, and back in order to trace a large, counterclockwise circle with your feet. You will spin in a clockwise direction because, as Newton said, “for every action, there is an equal and opposite reaction.” Continue for 10 to 20 seconds.



2. Repeat in the opposite direction, moving the whole body so that your feet circle in a clockwise circle: left, front, right, and back. You will spin in a counterclockwise motion as you make a funnel cone circling clockwise.

Variation: Noodle Twist

Perform in the same manner as the Noodle Ring, except with your heels together and your knees out to either side. This move opens up your spine to release tension and works the oblique muscles of the abdomen and the sides.

Safety Tip: Keep shoulder blades back and down. Don't allow your shoulders to ride up toward your ears. Use firm abdominals to protect your back.