

CORE MAT.

If your core exercise needs attention, read *Core and Latissimus* by Kimberly Tom, here on p. 150, with extra insight.

TECHNIQUE

WALKING LATERAL STAIRS • Stand with feet on a lateral step, with one foot on the step and the other on the ground.

DESIGN

The goal was to create a core exercise that could be done in a gym or at home. We added a lateral step to give the exercise a new twist.

STRENGTH

There's some lateral movement involved in this exercise, so it's a good one for people who are prone to muscle strain.



Walking lateral stairs is a core exercise that can be done in a gym or at home.

FLEX MAT.

The idea of a mat to improve the way a person sits is a high selling point, and we need a design specifically to provide comfort and relief to the feet of Pilates and similar fit.

TECHNIQUE

The idea was to create a mat that could be used in a gym or at home, and that could be used in a variety of ways.

DESIGN

The goal was to create a mat that could be used in a gym or at home, and that could be used in a variety of ways. We added a mat that could be used in a variety of ways.

STRENGTH

There's some lateral movement involved in this exercise, so it's a good one for people who are prone to muscle strain.

