

BROADWAY

Working Out With: Laura Linney

How Pilates helps the actress get center-stage posture.

by Alyssa Shaffer

The Workout A star of stage and screen, Laura has trained with Power Pilates senior instructor Carrie Clark in New York City. The twice-weekly hour-long sessions mixed Pilates machines and mat work with lower-body moves.

Midday Energy Boost When she last trained with Carrie, Laura was acting on Broadway, so she scheduled her workouts in the mid-afternoon. "It gave her the energy to get through eight shows a week," says Carrie.

Staying Hydrated

Laura usually brings a bottle of water to her workout sessions to prevent dehydration. Carrie advises avoiding any pre-workout snack. "It's hard to 'scoop' your stomach when your belly is full!" says Carrie.

Bat Woman

Laura loves hanging upside down on the Pilates Cadillac machine. "You loop your feet into fuzzy straps so your body is suspended with arms hanging down and hold for 30 to 90 seconds," says Carrie. "It helps realign the spine and energizes you by increasing blood flow to the head."

On a Roll

To massage her muscles and reduce soreness, Laura will lie on top of a foam roller and do stretches. "It's also a great way to relieve stress," says Carrie.



Thigh Master Laura does leg squeezes with a Magic Circle (it's metal but padded!) between her thighs, 50 pulses or five reps of 10 counts each.

Standing Taller

"Alignment is so important for actors, especially onstage," notes Carrie. Pilates's core focus makes it an ideal exercise for improving both balance and posture.

Trainer Tip

"Working out at least three days a week helps ensure that exercise becomes a habit. Consistency is key to any fitness program."

Carrie Clark



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