

## Side Lying Front/Back Kick

- Lie on your side, both legs lengthening away, with your bottom arm straightened above your ear and your head resting on your arm or on a cushion, the other arm resting on the floor
- Inhale to prepare, exhale to stabilise and bring the top leg to hip height,
- Inhale, flex the foot and kick the leg forwards, bringing your toes towards your nose
- Exhale, still stabilising, and kick the leg behind you, pointing the toes
- Repeat x 6

### Points to remember:

- ✦ Keep the moving leg at the height of your hip
- ✦ Lengthen through the spine throughout
- ✦ Keep scooping to keep the pelvis stable, don't over-do the movement and stay within your range.
- ✦ Keep the waist long, and avoid arching the back as the leg kicks backwards
- ✦ Warm up with spine curls and hamstring stretches before attempting this exercise

### Beginner version:

- ✦ Only move the leg a few inches forwards and a few inches back,
- ✦ concentrate on maintaining pelvic stability



Please warm up before attempting these exercises.

Please note that these exercises are intended for clients of Core Pilates. Core Pilates cannot be held responsible for any injuries sustained whilst performing any of the exercises detailed on this website.