



Spine curl with leg lift

- Begin in semi supine, feet hip width apart.
- Exhale to stabilise, lengthen tail bone away and curl spine off mat, to the base of the shoulder blades.
- Inhale, keep pelvis level and extend one leg to the ceiling.
- Exhale to lower leg.
- Inhale, repeat to other side.
- Exhale to lower leg
- Inhale.
- Exhale to curl spine back down.

* Repeat 4 times

Points to Remember:

- * Keep your scoop whilst curling spine up and back down.
- * Relax your shoulders, allowing shoulder blades to sink into mat as you curl up.
- * Ensure your abdominals remain switched on as you extend the leg, and keep the hips up in line with the shoulders and knees.

Beginner version:

Spine curl only – don't raise the leg.

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.