



Torpedo

- 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 or on your thigh
- Inhale to prepare, exhale to stabilise
- Inhale to lift your top leg to hip height
- Exhale to lengthen and bring the bottom leg up to meet the top
- Inhale flex the feet, feet together
- Exhale lower both legs slowly to the floor
- Repeat x 6 each side

Points to remember:

- * Keep length through the spine – head to toes
- * Keep an abdominal scoop throughout and softly draw the ribs together
- * The inner thigh muscle should work as the bottom leg comes up
Keep the shoulders relaxed

Beginner version:

- * Bend the underneath leg for stability
- * Lift the top leg to hip height, flex the foot
- * Inhale to prepare, exhale to lift the top leg about 10cm
- * Inhale to slowly lower
- * Repeat x 8 each side

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.