



## Double knee fold with curl-ups

- Begin in semi supine, feet hip width apart, neutral pelvis.
- Exhale, stabilise and fold one knee in, shin parallel to ceiling.
- Exhale, stabilise and fold second knee in.
- Exhale, stabilise, lengthen neck and curl up slowly.
- Inhale and hold.
- Exhale, stabilise to lower spine to floor.
- Exhale, stabilise to lower one leg.
- Exhale, stabilise to lower second leg.

\* Repeat x6 sets

### Points to Remember:

- \* Pelvis remains neutral throughout.
- \* Beware of bracing as the second knee folds in.
- \* Slide heel to bottom first if necessary.
- \* Do not curl up by forcing the head forward, relax the head into your hands and keep the chin away from the chest.
- \* Scoop your abdominals deeply as you curl down, without allowing the pelvis to tilt back.

### Beginner version:

Single knee fold, followed by curl-up

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.