



Single Leg Stretch

- Begin lying on your back, neutral spine and pelvis, with knees bent up in 'table top' position.
- Inhale to curl up and hold knees.
- Exhale and scoop as you extend the left leg away, 45°, and hold the right knee in to the chest. Your left hand holds the inside of the right knee, the right hand the outside of the shin.
- Inhale then exhale to change legs, drawing the left knee in to the body.
- Repeat x 10 each leg, exhaling with each movement.

Points to Remember:

- * Keep the torso square and stable – just the legs and hands move.
- * Stabilise the shoulder blades.
- * If you have lower back problems keep the extended leg high.

Beginner version:

Leave head down, extend leg straight up to ceiling whilst holding other knee in and concentrate on scooping your abdominals as the legs extend up, x 10 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.