



## One Leg Arm Circles

- Stand with feet hip width apart, neutral spine and pelvis
- Sway your weight onto the left leg and pick up the right foot without tilting the pelvis
- Inhale, then exhale to stabilise and float the arms forwards
- Inhale to float the arms out to the side and down
- Repeat with 3 circles each leg

### Points to Remember:

- \* Keep the pelvis level throughout
- \* Keep the knee of the support leg soft
- \* Stabilise the shoulder blades as you circle the arms
- \* Maintain length through the spine throughout

### Beginner version

Concentrate on balancing on one leg without tilting the pelvis before bringing in the arm movement. Practice in front of a mirror if you can.

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.