



Four Point Star

- Begin in four point kneeling position, neutral pelvis and spine
- Exhale to stabilise and slide one leg away whilst bringing the opposite arm forwards
- Inhale to bring the arm and leg back in
- Repeat x 4 each side

Points to Remember:

- * The pelvis and spine remain stable throughout the movement
- * As the arm comes forward draw the shoulder blade down the back
- * Slide the knee and shin low along the floor – this will help prevent the hip from lifting

Beginner version

Begin with moving the legs and then arms separately before combining the two together

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.