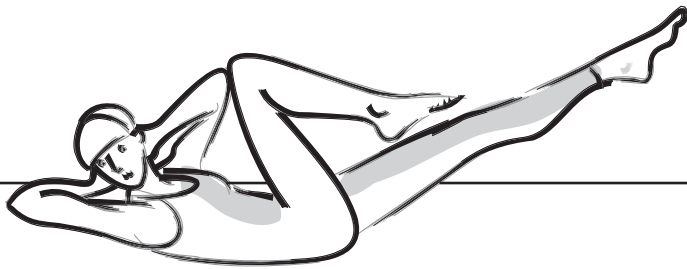


**Goal:** a breathing exercise to stimulate the lungs and heart and get your circulating from head to toe

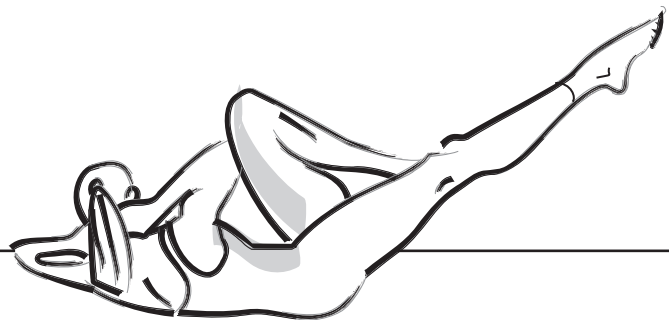
# PILATE S criss cross

**1.** Lie on your back and bend your knees into your chest. Place your hands behind your head and keep the elbows open. Lift your shoulders off the mat and bring your chin towards your chest.



**2.** Bend your right knee into your chest while your left leg reaches out at an angle. Maintain a flat back, while working at the abdominals. Diagonally, bring the left elbow to the right knee. The right side of your body and your right elbow should twist behind you. Hold the position.

**3.** Switch to the opposite side. Focus on the stretching behind you. Repeat 5-10 times.



**FocusPoints** • The most important part of this exercise is the twisting and reaching back. Slow down the tempo and hold the twist • Make sure your shoulders and elbows stay off the mat to work deeper in the abdominals.