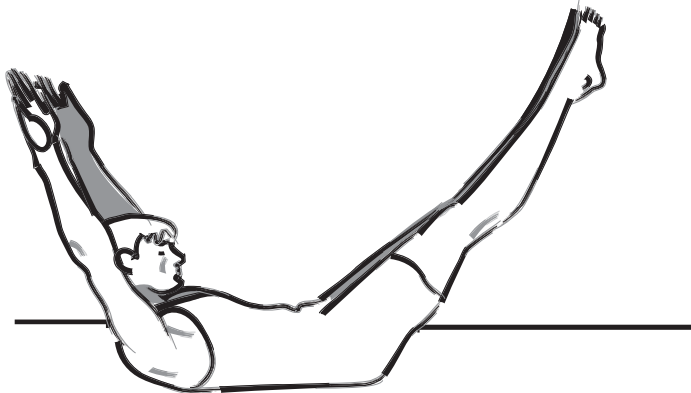
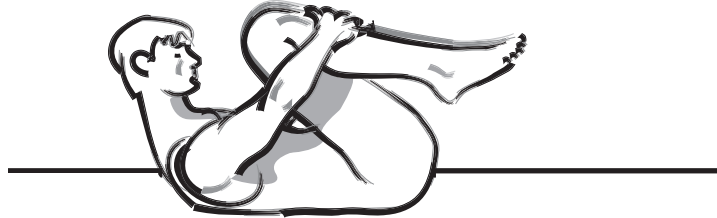


Goal: to strengthen and lengthen your legs and to strengthen the powerhouse.

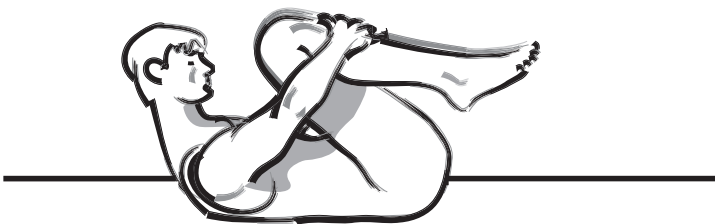
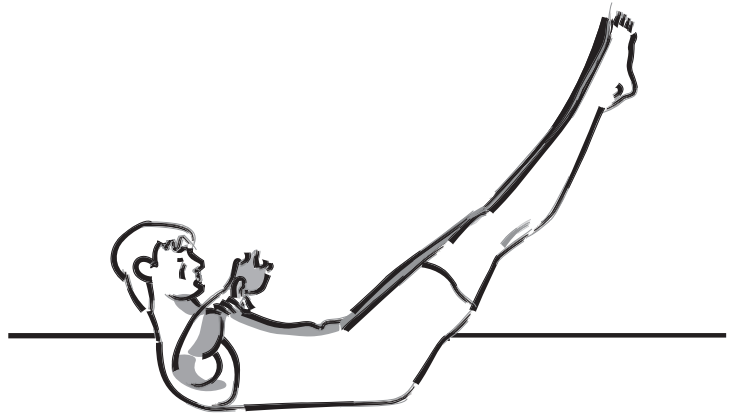
PILATES double leg stretch

1. Lie flat with both legs bent into your chest. Pull your lower legs in with your hands and lift your head.



2. Inhaling slowly and keeping your chin in your chest, simultaneously reach overhead and extend your legs out. Keep your heels about 30 to 60 degrees off the mat. Be sure to keep your stomach muscles in.

3. Exhaling slowly, circle your arms around.



4. Draw both legs upward into your chest again. Grab your ankles and hug your legs firmly to your chest while deepening the exhalation. Repeat 5 to 10 times.

Focus Points ● Exercise caution if you have lower back pain ● the stomach muscles are held in to insure a flat back; extend your legs only as low as you can maintain a flat back ● Pay close attention to inhaling and exhaling at the appropriate times

***Variation:** progress to lowering arms and legs to 2 inches from the mat.