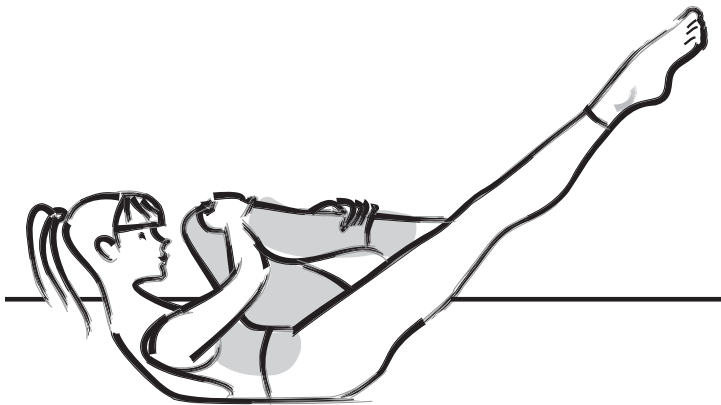


Goal: to stretch and lengthen your legs, open your lower back and work on your powerhouse.

PILATES single leg stretch

1. Pull your right leg toward you and bend it as far as possible towards your chest, inhaling slowly. Lift your chin towards your chest. Place your left hand on your right knee and your right hand on your right ankle. This hand position is used to keep the ankle, knee and hip aligned.



2. Exhaling slowly, change legs and repeat with the left leg. Be sure to extend the right leg out. Repeat between 5 and 10 repetitions.

Focus Points

- Point your chin toward your chest
- Keep your elbows off the mat and to the sides
- Maintain a flat back
- Keep your stomach muscles in

Variation: for people with a bad knee, place your hands on your thigh and underneath your knee for added support.