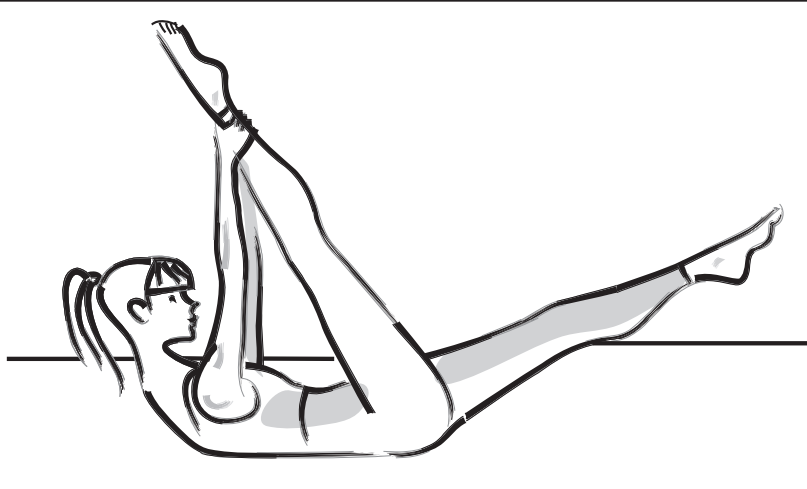
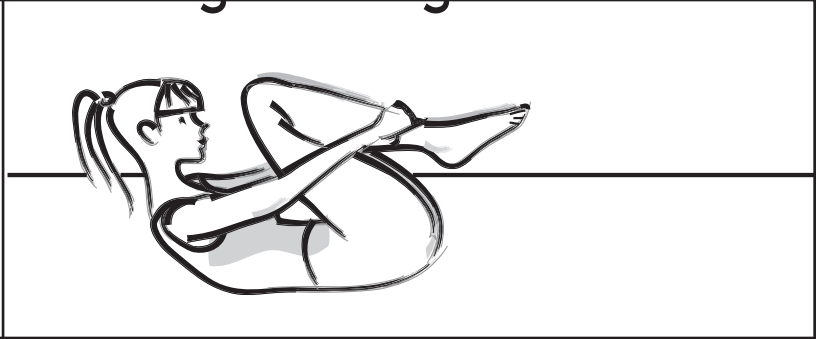


Goal: a Powerhouse exercise designed to stretch and strengthen your legs.

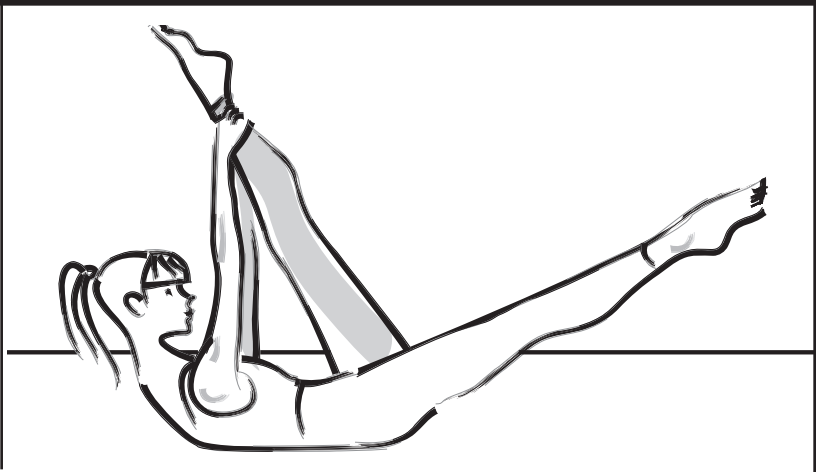
PILATES single straight leg stretch

1. Lie flat on your back and bring your stomach muscles in. Lift your shoulders off the mat and bring your chin to your chest.



2. Lift one leg into the air and take hold of one ankle with both hands. Point your other leg straight out and about 2 to 12 inches off the mat. Keep both legs in the center of your body. Lifting your elbows to the side, pull the "up leg" with a double pulse towards you.

3. Scissor-like, switch the legs. Keep them straight throughout. Repeat 5 to 10 times.



Focus Points

- If your leg muscles are stiff, pull back only as far as you are able while still maintaining a straight leg. As you gain flexibility you will be able to pull back farther.
- Keep the rhythm dynamic as the leg pulses twice towards the forehead and during the leg change.
- Make sure you hold your ankle, keeping the knees straight and the elbows out for maximum stretch.
- Keep your back flat on the mat at all times.