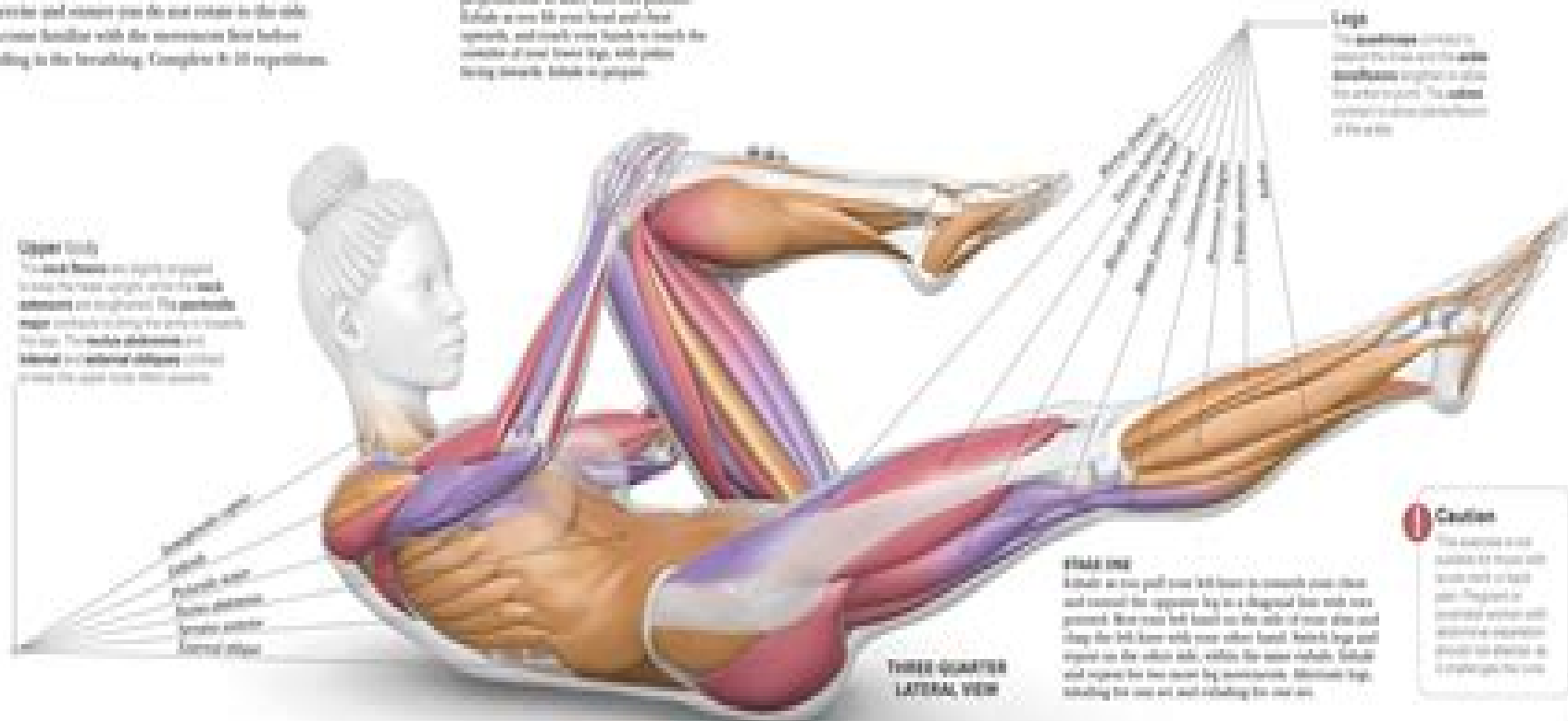


ONE LEG STRETCH

This beginner-level exercise strengthens the abdominal muscles with a mixture of coordination and reciprocal leg movements. Performing this exercise creates a base for our everyday lower limb movements such as walking, running, and cycling.

THE BIG PICTURE

This exercise works your core strength in relation to the long leg levers. It can be used to prepare the Double Leg Stretch (see p.61). Maintain your head, trunk, and pelvic position throughout the exercise and ensure you do not rotate to the side. Become familiar with the movement first before adding in the breathing. Complete 10 repetitions.

[illegible][illegible]

The company is not looking to raise any more debt in 2010. "We don't want to go back to the bank," says the CEO.

Pilates At Home Science Experiments Update

**Beth Brown, Bruce Presley, Elaine
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