

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

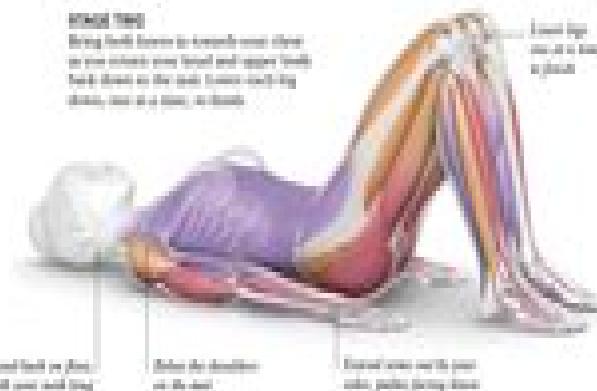
This exercise works your core strength in relation to the long leg bones. It can be used to prepare for Double Leg Stretch (see p10). Maintain your head, trunk, and pelvic position throughout the exercise and ensure you do not rotate to the side. Ensure familiar with the movement first before adding in the stretching. Complete 8-10 repetitions.



- KEY**
- Joint
 - Muscle
 - Shaded
 - Lengthened
 - Lengthened
 - Shortened
 - Shortened
 - Active muscle
 - Passive muscle

ONE LEG STRETCH

Bring both knees to胸breastbone level or knee slightly over hip and upper body held straight as the neck flexes neck to the side, and in a curve, as shown.



Right knee bent 90° with your side long

Right hip flexed

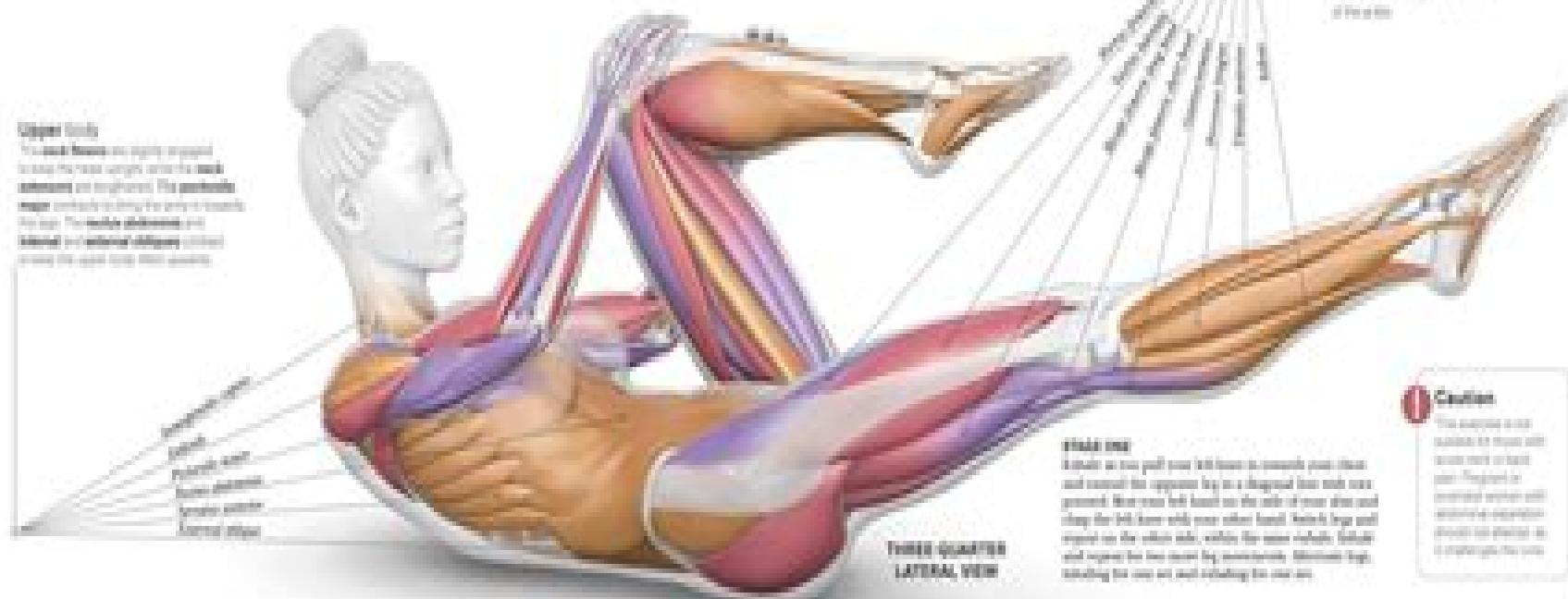
Right knee over your side, passing hip joint

Upper body

The usual focus on upper strength to keep the head upright and the neck straight are important. The posterior traps contract to bring the spine to a vertical position. The middle deltoids and lateral and anterior deltoids contract to move the upper torso laterally.

PROGRESSION STAGE

For this one you will use legs and lower back and hip flexor muscles, but not on the knee and areas associated to your side. Place each leg up in the side top position slightly perpendicular to your body, knee bent. Hold a firm line over head and chest, open and close your hands to touch the outside of each knee cap, with palms facing forearm/knee or palms.



Caution

The analysis is not intended to mean that there are no risks when performing this exercise. However, it is important to understand the movement and the muscles involved in the movement. If you experience any pain or discomfort, stop the exercise.

STRAIGHT LEG

Lie on your back with your left knee bent and your right leg straight. Place your left hand on the side of your hip and hold the right knee with your other hand. Stretch arms and repeat on the other side, while the knee flexes. Hold and repeat for two counts by alternating. Abdominal strength for core are used including the core area.

Pilates At Home Science Experiments Update

**Beth Brown, Bruce Presley, Elaine
Malfas**

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