

# 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

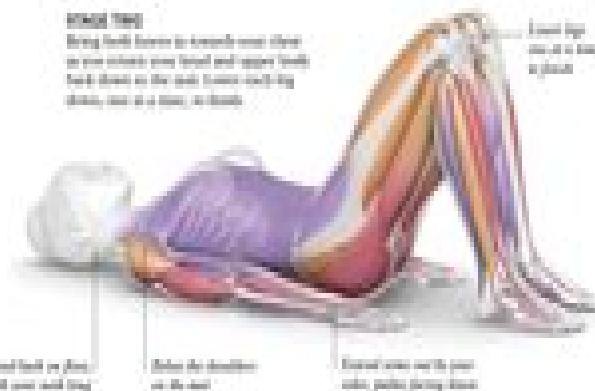
This exercise works your core strength in relation to the long leg bones. It can be used to prepare for Double Leg Stretch (see p10). Maintain your head, trunk, and pelvic position throughout the exercise and ensure you do not rotate to the side. Ensure familiar with the movement first before adding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



**KEY**

- Joint
- Muscle
- Shaded
- Lengthened
- Lengthened
- Shortened
- Shortened

**ONE LEG STRETCH**  
Bring both knees to胸骨 (sternum) and then extend one bent and upper bent leg back as the back knee reaches the floor, and at a time, do this.



First leg bent in flex, and your back leg

Below the shoulder on the chest

Second knee with your side, pulling front knee

### Upper body

The usual focus on upper strength to keep the head upright and the neck balanced are important. The posterior traps contract to bring the arms to the sides for safety. The middle deltoids and lateral and anterior deltoids contract to move the arms from their position.

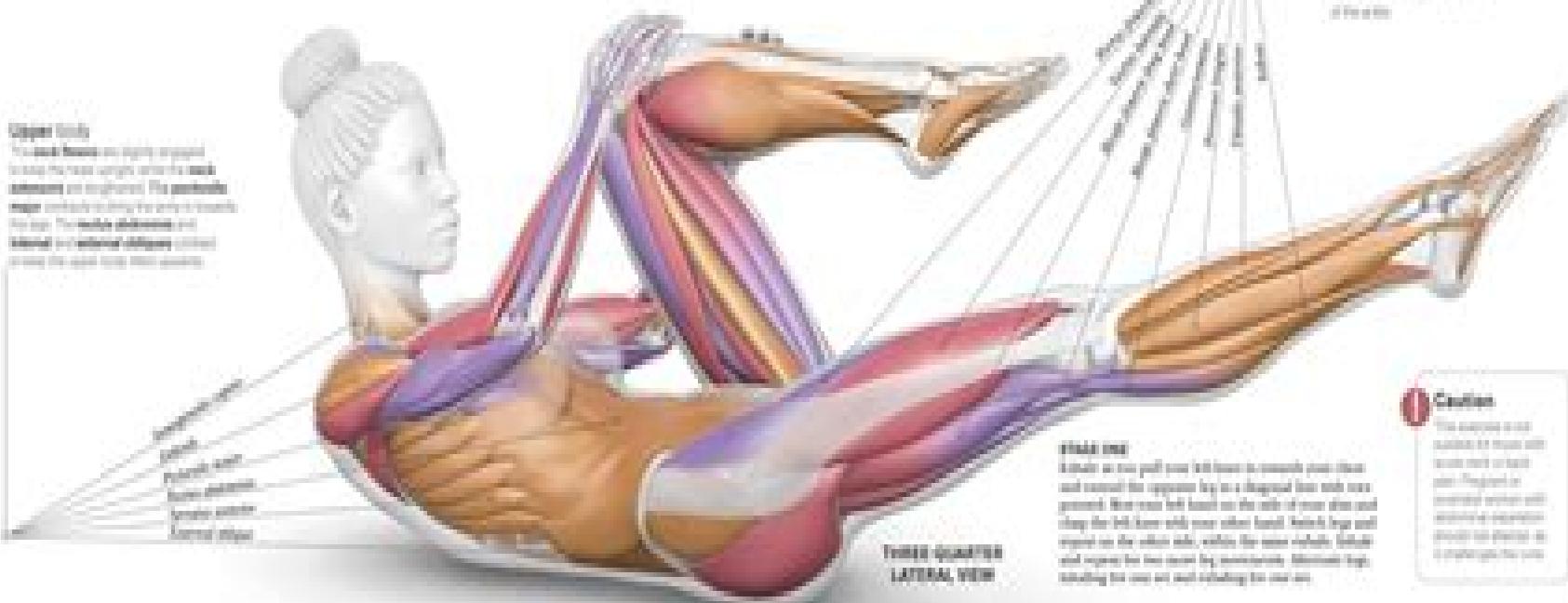
- Head
- Posterior traps
- Middle deltoids
- Lateral and anterior deltoids
- External oblique

### PROGRESSION STAGE

For this we can start with single leg because this is not a difficult exercise, but then as the core and arms accustomed to your body. Place each leg up as the side leg passes through perpendicular to your body and core position. Hold it as your hip and head and chest expand, and reach your hands to touch the outside of your knee cap, with palms facing towards the floor or ground.

### Legs

The quadriceps contract to extend the knee and the hamstrings contract to flex the knee. The adductors contract to move the leg towards the midline of the body.



### Abdominal

Abdominal muscles pull your left knee to towards your chest and extend the opposite leg in a diagonal line with your ground. Then use left hand on the side of your chest and bring the shoulder with your other hand. Switch legs and repeat on the other side, while the knee flexes. Hamstrings and quadriceps are used during leg movements. Abdominal muscles hold the core and stabilizing the core are.

### Chest

The anterior chest muscles are used to move the arms and neck into position. The shoulder girdle muscles contract to move the shoulder blades. The anterior deltoids contract to move the arms forward. The latissimus dorsi contract to move the arms down.

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### **Table of Contents Pilates At Home Science Experiments Discount**

1. Understanding the eBook Pilates At Home Science Experiments Discount
  - The Rise of Digital Reading Pilates At Home Science Experiments Discount
  - Advantages of eBooks Over Traditional Books
2. Identifying Pilates At Home Science Experiments Discount
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pilates At Home Science Experiments Discount
  - User-Friendly Interface
4. Exploring eBook Recommendations from Pilates At Home Science Experiments Discount
  - Personalized Recommendations
  - Pilates At Home Science Experiments Discount User Reviews and Ratings
  - Pilates At Home Science Experiments Discount and Bestseller Lists

5. Accessing Pilates At Home Science Experiments Discount Free and Paid eBooks
  - Pilates At Home Science Experiments Discount Public Domain eBooks
  - Pilates At Home Science Experiments Discount eBook Subscription Services
  - Pilates At Home Science Experiments Discount Budget-Friendly Options
6. Navigating Pilates At Home Science Experiments Discount eBook Formats
  - ePUB, PDF, MOBI, and More
  - Pilates At Home Science Experiments Discount Compatibility with Devices
  - Pilates At Home Science Experiments Discount Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pilates At Home Science Experiments Discount
  - Highlighting and Note-Taking Pilates At Home Science Experiments Discount
  - Interactive Elements Pilates At Home Science Experiments Discount
8. Staying Engaged with Pilates At Home Science Experiments Discount
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Pilates At Home Science Experiments Discount
9. Balancing eBooks and Physical Books Pilates At Home Science Experiments Discount
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pilates At Home Science Experiments Discount
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Pilates At Home Science Experiments Discount
  - Setting Reading Goals Pilates At Home Science Experiments Discount
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pilates At Home Science Experiments Discount
  - Fact-Checking eBook Content of Pilates At Home Science Experiments Discount
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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