

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

The exercise works your core strength in relation to the long leg bones. It can be used to prepare for Double Leg Stretch (see p.66). 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 10–15 repetitions.



Preparation Stage

For the set-up, raise both legs and bring knee and hipbones apart, but the rest of the feet and arms extended to your sides. Place each leg up on the table top position (thighs perpendicular to wall), with arms extended. Rotate arms for one hand and head up, and reach your hands to touch the outside of each knee (leg, with palms facing inward). Rotate in position.



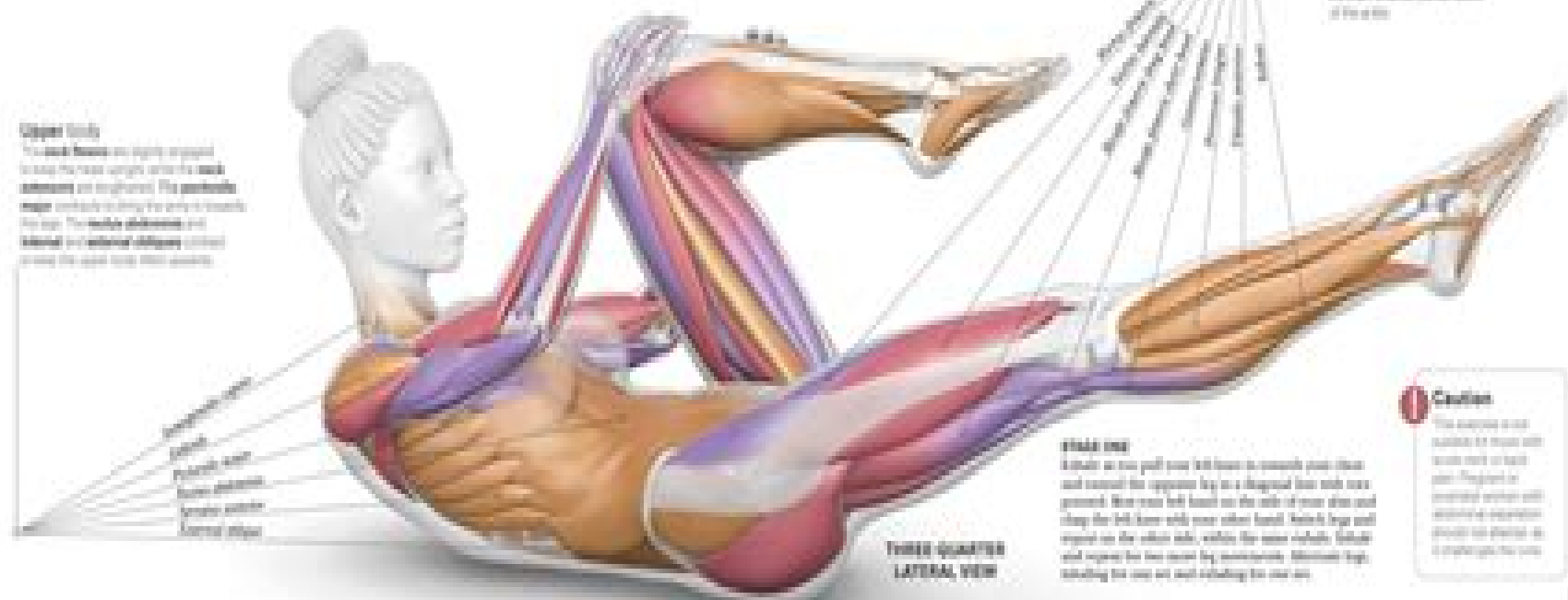
STAGE TWO

Bring both knees to towards your chest so you extend your head and upper body back down on the table, lower half leg down, rest at a table, or floor.



Upper body

The upper body is slightly raised to keep the head aligned with the neck extension on the floor. The posterior major muscles including the upper trapezius, the lat, the middle deltoid and lateral and anterior deltoid extend from the upper body into the arms.



THREE-QUARTER LATERAL VIEW

STAGE TWO

Rotate so you pull your left knee to towards your chest and extend the opposite leg to a diagonal line with arms extended. Now your left knee on the side of your chest and drag the left knee with your right hand. Stretch legs and extend on the other side, within the same table. Rotate and repeat for the second leg movement. Alternate legs, rotating for one set, and rotating for the next set.

Caution

The exercise is not suitable for those with lower back or hip pain. If you are pregnant or recovering from an injury, consult your doctor before doing this exercise. Do a complete leg set.

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