

# 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 feet and hipbones apart, but the rest of the feet and arms extended to your sides. Place each leg up in the table-top position (thighs perpendicular to each other and ground). Rotate across the midline and lift head up, and reach your hands to touch the outside of each knee (leg, with palms facing inward). Rotate in position.



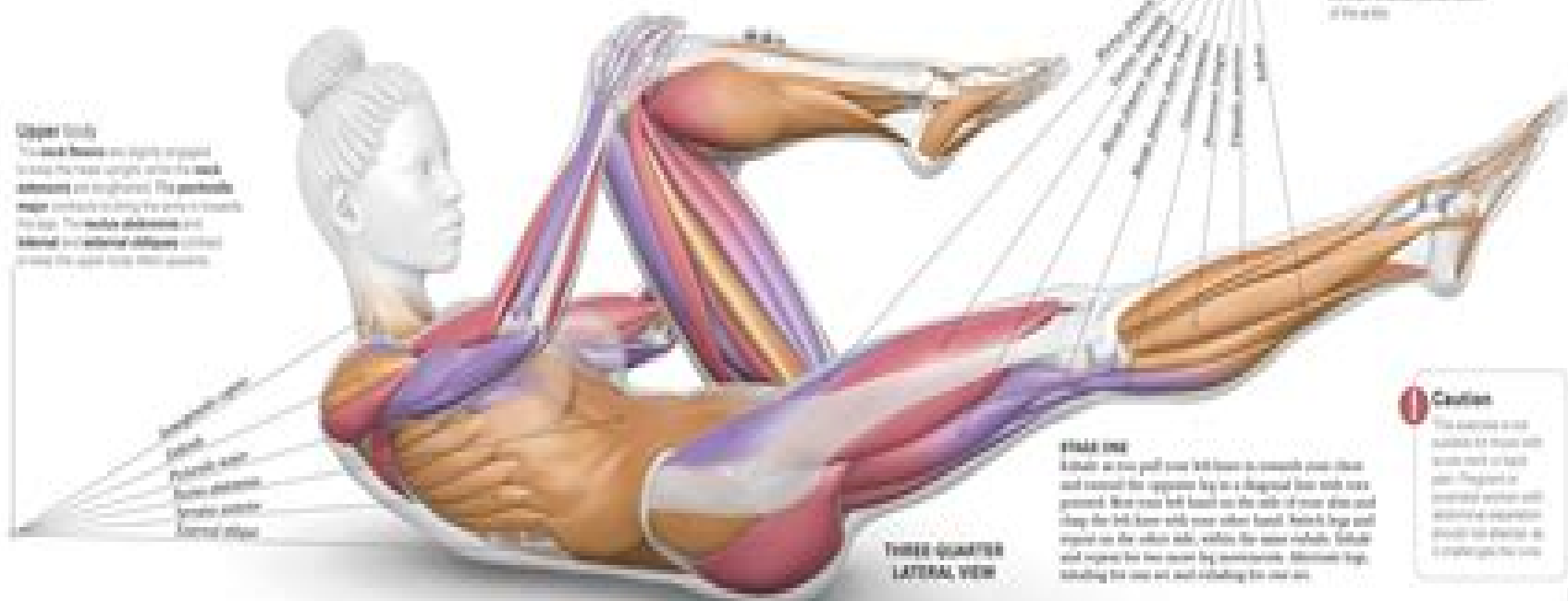
### Stage Two

Bring both knees to towards your chest so your knees are bent and upper body held straight in the back lower-back-leg stretch, rest in a table-top stretch.



### Upper Body

The upper body is slightly engaged to keep the head upright, while the neck extends on movement. The posterior major muscles including the upper back, the legs, the middle abdominal and lateral and external oblique control during the upper body when moving.



### THREE-QUARTER LATERAL VIEW

### Stage One

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, while the lower back, rotate and extend for the lower leg movement. Alternate legs, rotating for one set, and rotating for one set.

### Legs

The quadriceps control to extend the knee and the adductor muscles control to add the knee inward. The adductor muscles control to add the knee inward.

### Caution

The exercise is not suitable for those with lower back or hip pain. If you are pregnant or have a medical condition, consult your doctor before doing this exercise.

# Pilates At Home Science Experiments Update

**Ying-Ying Zheng**



## **Pilates At Home Science Experiments Update:**

**Jane is Trying** Isy Suttie,2021-07-22 Tremendous Adam Kay Heart warming Sarah Pascoe So well observed Daisy Buchanan Hilarious James Acaster I LOVED it Aisling Bea The perfect concoction of warmth and grit i Newspaper Wonderful Stylist Jane is trying She s been trying for a baby with increasing desperation as her thirties sail by Now she s trying to make a new start back home with her overprotective charades obsessed parents having left her career and cheating fianc behind in London With an increasing load on her plate friends and family who think she ll have a perfect life if she only listens to them and a brain which questions every decision she s ever made can Jane conquer her demons and step forward on her own

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The Top Books of the Year Pilates At Home Science Experiments Update The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. Pilates At Home Science Experiments Update : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Pilates At Home Science Experiments Update : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pilates At Home Science Experiments Update : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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