

# 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 leg leg bones. It can be used to prepare for Double Leg Stretch (see p.48). Maintain your head, neck, and pelvic position throughout the exercise and ensure your feet are stable in the side. Become familiar with the movement first before adding in the breathing. Complete 8-10 repetitions.



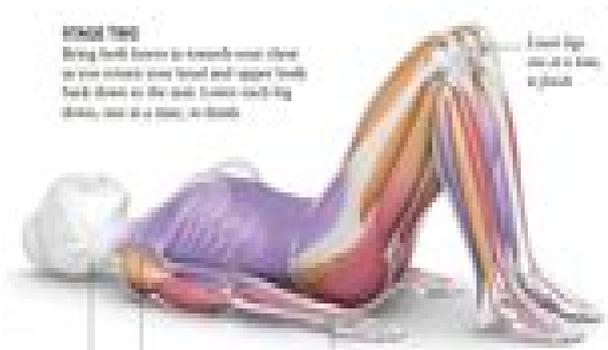
1 Lift your head and neck off the mat.

### Preparation phase

For the one leg stretch with legs and torso lift your right knee towards your left leg and your left knee towards your right leg. Your feet and arms extended to your sides. Place each leg up on the table top position (right perpendicular to each other) and your feet. Extend your left arm forward and right arm up, and reach your hands to touch the outside of your lower legs, with your feet being towards table top position.

**KEY**

- Joint
- Muscle
- Strengthened muscle
- Lengthened muscle
- Lengthened without stretch
- Not stretched without stretch

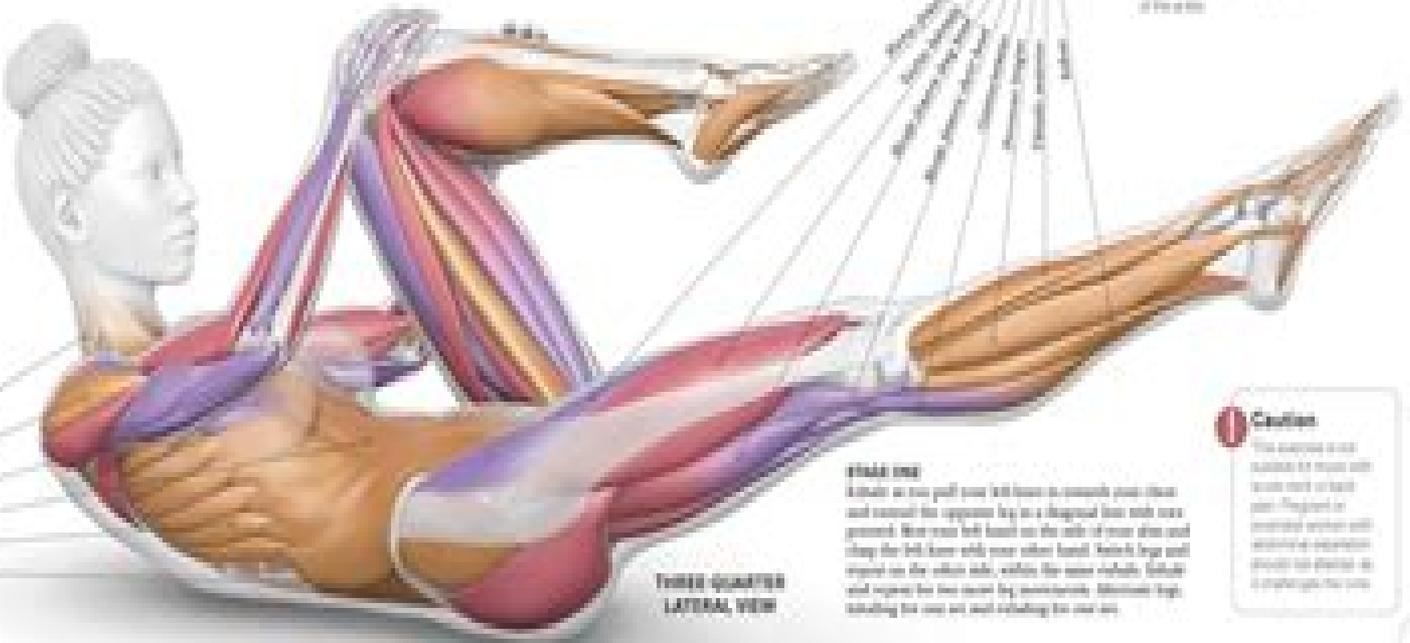


Head back on floor with your neck long. Bend the shoulder on the mat. Extend your neck to your side, pelvic floor down.

**Upper body**  
The neck flexors are highly engaged to keep the head upright, while the neck extensors are involved. The paraspinal muscles contribute to holding the spine in a neutral position. The middle abdominals and internal and external obliques contract during the one leg stretch exercise.



**Legs**  
The quadriceps contract to support the knee and the adductor magnus contracts to stabilize the knee joint. The adductor contract to stabilize the knee joint.



**THREE-QUARTER LATERAL VIEW**  
Extend as you pull your left knee to ground your chest and extend the opposite leg to a diagonal line with your ground. Move your left knee on the side of your chest and drag the left knee with your right hand. Stretch leg and extend on the other side, within the same stretch. Extend and repeat for the second leg movements. Alternate legs, stretching the one out and relaxing the one in.

**Caution**  
The exercise is not suitable for those with knee joint or hip pain. Progress to controlled motion with dynamic expansion should not stretch to a point where it is uncomfortable for you.

# Science Experiments Pilates At Home Last 90 Days

**VM Jensen**

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