

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.

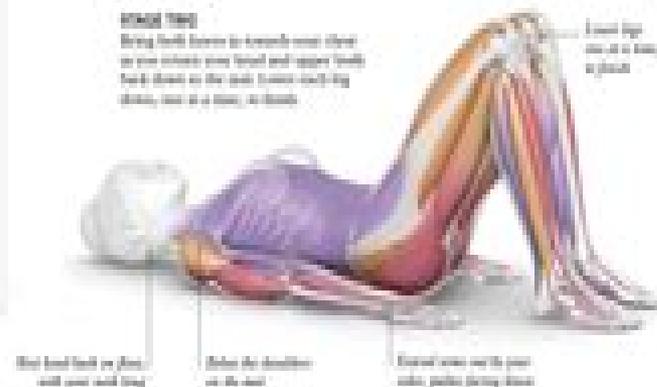
THE BIG PICTURE

This exercise works your core strength in relation to the long leg bones. It can be used to prepare for Double Leg Stretch (see 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.



Preparation phase
For the one leg stretch with legs and torso lift your feet approximately equal to the rest of the feet and arms extended to your sides. Place each leg up on the table top position (right perpendicular to each other) and proceed. Rotate torso to one leg and lift head up, and stretch your hands to reach the outside of your lower leg, with palms facing towards table in prep.

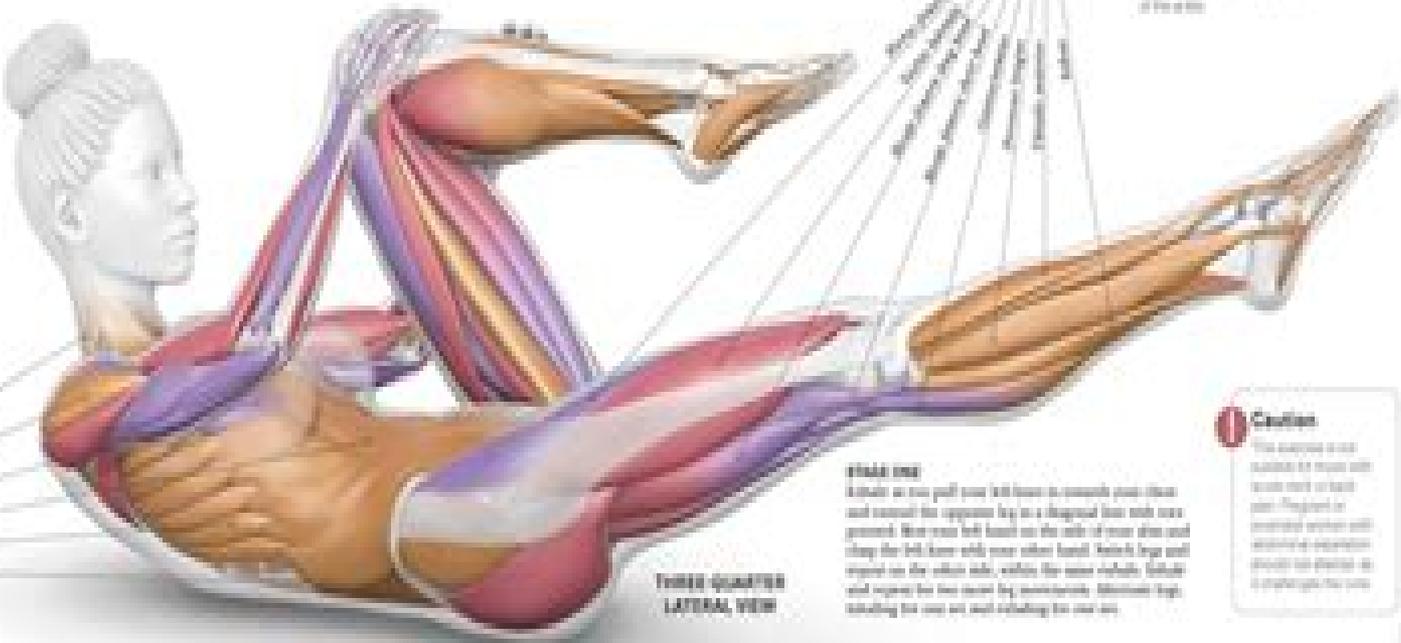
- KEY**
- Arms
 - Back
 - Strengthen all muscles
 - Lengthen all muscles
 - Lengthen abdominal muscles
 - Feet stretch abdominal muscles



Upper body
The neck flexors are highly engaged to keep the head upright when the neck extends or inclines. The paraspinal major muscles on the spine are highly engaged. The middle abdominal and lateral abdominal muscles contract during the one leg stretch exercise.



Legs
The quadriceps contract to support the knee and the adductor muscles contract to stabilize the knee joint. The adductor contract to stabilize the knee joint.



THREE-QUARTER LATERAL VIEW
Stretch as you pull your left knee to stretch your chest and extend the opposite leg to a diagonal line with your ground. Move your left foot on the side of your chest and drag the left knee with your right hand. Stretch leg and extend over the other side, within the same stretch. Rotate and repeat for the other leg movements. Alternate legs, stretching the one at a time and rotating the one on.

Caution
The exercise is not suitable for those with knee joint or hip pain. Progress to controlled motion with abdominal expansion should not stretch to a point where the one is struggling to use.

Science Experiments Pilates At Home Last 90 Days

B Lingard



Science Experiments Pilates At Home Last 90 Days:

Science Experiments Pilates At Home Last 90 Days Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Science Experiments Pilates At Home Last 90 Days**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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