

VARIATIONS

These simple variations encourage you to keep the leg in line from the hip to the knee and ankle, and to maintain the hipbones apart for correct alignment. They allow you to progress slowly to build pelvic stability and core control.



SINGLE LEG OPTION

Use your stable leg to press into the mat for stability while your moving leg reaches away. Focus on core engagement as you press the leg upwards on the diagonal.



KEY

Primary target muscle

Secondary target muscle

BEGINNER LEVEL

In this position, you keep the leg in the mat, making it easier to learn. This is more supportive to the back and less demanding on your core. Learn leg alignment before progressing to lifting the leg off the mat.

PREPARATORY STAGE

Lie flat on your mat with your spine and pelvis neutral, both legs straight at your hips and knees. Hipbones apart with feet flat on the mat. Forward your arms to your sides.

STAGE ONE

Extend one arm upward and leg away in a straight line from your body, keeping contact with your mat.

STAGE TWO

Extend to return the leg back to the mat. Repeat on the opposite leg and continue to alternate legs for 8–10 repetitions.

PREPARATORY STAGE

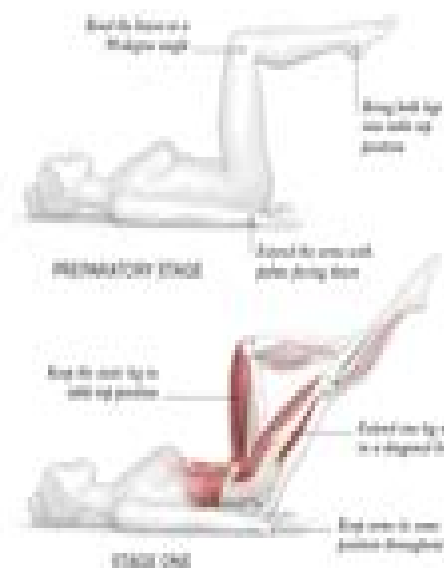
Lie flat on the mat with your spine and pelvis neutral, both legs straight at your hips and knees. Hipbones apart with feet flat on the mat. Forward your arms to your sides.

STAGE ONE

Extend one arm upward and leg up in the side-up position. Lengthen a line from your body in a diagonal line with toes pointed.

STAGE TWO

Extend to return the leg back to the side-up position. Repeat on the opposite leg and continue to alternate legs for 8–10 repetitions.



WITH BAND SUPPORT

Using a band provides extra stability to the hip and leg as you press into it. This also allows you to press against resistance, which provides useful feedback on leg position and increases your core engagement too.

PREPARATORY STAGE

Lie flat on your mat with both legs straight at your hips and knees. Hipbones apart with feet flat on the mat. Forward your arms to your sides. Place one leg up in the side-up position and place a resistance band around the side of your foot.

STAGE ONE

Extend to your fingertips the leg away from your body in a diagonal line with toes pointed, pressing your foot into the band.

STAGE TWO

Extend to return the leg back to the side-up position. Complete 8–10 repetitions before switching to the other leg.

DOUBLE TABLE TOP

This increases your core challenge by having both legs raised throughout, with the addition of a long leg hold. Control your abdominals as you extend the leg away from you and retract your pelvis three out of four times.

PREPARATORY STAGE

Lie flat on your mat with your spine and pelvis neutral and both legs straight at your hips and knees in the side-up position. Hipbones apart. Forward your arms to your sides with palms down.

STAGE ONE

Extend to your fingertips one leg away from your body in a diagonal line with toes pointed. Many more feet and arms long and your core engaged during the movement.

STAGE TWO

Extend to return the leg back to the side-up position. Repeat on the opposite leg and continue to alternate for 8–10 repetitions.

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