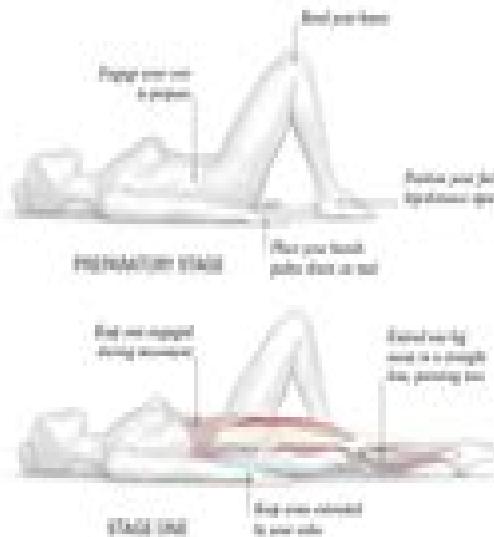


VARIATIONS

These simple variations encourage you to keep the leg as far from the hip to the knee and ankle, and to maintain the hip flexor's open leg alignment. They allow you to progress slowly to build pelvic stability and core control.



SINGLE LEG OPTION

Use your static leg to press into the mat for stability while your moving leg reaches away. Focus on core engagement as you drive the big sideways in the diagonal.



PREPARATORY STAGE / STAGE ONE

BEGINNER LEVEL

In this variation, you bend the leg in the hip, keeping it open and flat. This creates support to the hip and knee, protecting the hip flexor. Learn leg alignment before progressing to lifting the leg off the mat.

PREPARATORY STAGE

Lie on your mat with your spine and pelvis neutral, both legs bent at your hips and knees. Hip flexor's open leg with knee bent in the hip. Pelvic floor relax to core relax.

STAGE ONE

Exhale as you extend and leg away from a straight line down your body, keeping knees with your feet.

STAGE TWO

Inhale to return the leg back to the hip. Repeat on the opposite leg and continue to alternate legs for full expression.

INTERMEDIATE STAGE

Lie on your mat with your spine and pelvis neutral, both legs bent at your hips and knees. Hip flexor's open leg with knee bent in the hip. Pelvic floor relax to core relax.

STAGE ONE

Exhale as you move one leg up to the side. Inhale to lengthen it more than your body in a diagonal line with core engaged.

STAGE TWO

Inhale to extend the leg back to the hip and knee bent in the hip. Repeat on the opposite leg and continue to alternate legs for full expression.

WITH BAND SUPPORT

Using a band provides extra stability to the hip and leg as you move into it. This also allows you to place greater resistance, which provides added feedback on leg position and increases your core engagement.

PREPARATORY STAGE

Lie on your mat with both legs bent in your hips and knees. Hip flexor's open leg with knee bent. Place your band around the side of your knee.

STAGE ONE

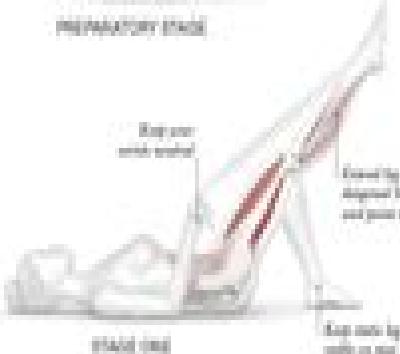
Inhale as you lengthen the leg away from your body to a diagonal line with core engaged, keeping the knee bent.

STAGE TWO

Inhale to extend the leg back to the side hip position. Complete 4-5 repetitions before switching to the other leg.



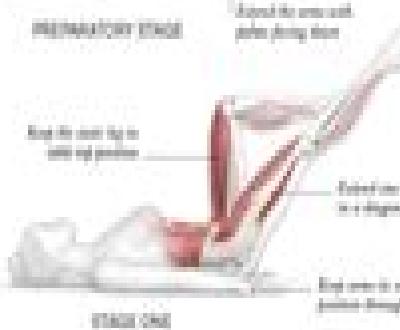
PREPARATORY STAGE



STAGE ONE



PREPARATORY STAGE



STAGE ONE

DOUBLE TABLE TOP

This increases your core challenge by having both legs raised throughout, with the addition of a long leg raise. Control your movements as you extend the leg away from your body to core relax, not roll forward.

PREPARATORY STAGE

Lie on your mat with your spine and pelvis neutral and both legs bent at your hips and knees in the table top position. Hip flexor's open. Extend knee away from your body with pelvis down.

STAGE ONE

Inhale as you lengthen one leg away from your body to a diagonal line with core engaged. Keep knee bent and core engaged during this movement.

STAGE TWO

Inhale to extend the leg back to the table top position. Repeat on the opposite leg and continue to alternate for full expression.

Science Experiments Pilates At Home Guide

**Beth Brown, Bruce Presley, Elaine
Malfas**

Science Experiments Pilates At Home Guide:

The Body Electric Carolyn Thomas de la Pena,2005-04 Between the years 1850 and 1950 Americans became the leading energy consumers on the planet expending tremendous physical resources on energy exploration mental resources on energy exploitation and monetary resources on energy acquisition A unique combination of pseudoscientific theories of health and the public s rudimentary understanding of energy created an age in which sources of industrial power seemed capable of curing the physical limitations and ill health that plagued Victorian bodies Licensed and quack physicians alike promoted machines electricity and radium as invigorating cures veritable fountains of youth that would infuse the body with energy and push out disease and death The Body Electric is the first book to place changing ideas about fitness and gender in dialogue with the popular culture of technology Whether through wearing electric belts drinking radium water or lifting mechanized weights many Americans came to believe that by embracing the nation s rapid march to industrialization electrification and radiomania their bodies would emerge fully powered Only by uncovering this belief s passions and products Thomas de la Pe a argues can we fully understand our culture s twentieth century energy enthusiasm

Subject

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mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

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College Guide for Performing Arts Majors Carole J.

Everett,Peterson's,2009-09-14 Describes graduate programs in art dance music and theater and lists undergraduate programs

G.K. Hall Bibliographic Guide to Dance New York Public Library. Dance Division,1999

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Pilates Body in Motion Alycea

Ungaro,2002-02-20 Pilates Body in Motion is a pioneering step by step book for mat based Pilates A global best seller famed for its clear instruction and innovative design Pilates Body in Motion clearly explains every exercise sequence with at a glance overviews detailed step by step photographs and a checklist of dos and don ts Author Alycea Ungaro pioneered mat based Pilates and lends her expert advice to help you avoid injury and maximize Pilates fitness and health benefits Four program sequences allow you to move from beginner to intermediate to advanced and cover fifty mat based exercises from The Hundred to The Wall Sequence the Open Leg Rocker and Corkscrew to the Swan Dive Shoulder Bridge Magic Circle Sequence and many more Streamline your body and focus your mind with 50 classic mat Pilates exercises to do at home with Pilates Body in Motion

Guide to Microforms in Print ,1995

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