

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.



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. Extended knee under your ankle.

STAGE ONE

Extend one knee toward your leg, so it is a straight line from your foot, 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. Extended knee under your ankle.

STAGE ONE

Extend one knee, one leg up to the table-top position. Lengthen a line from your foot to a diagonal line with knee pointed.

STAGE TWO

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



WITH BAND SUPPORT

Using a band (resistance) adds 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. Extended knee under your ankle. Place one leg up to the table-top position and place a resistance band around the sole of your foot.

STAGE ONE

Extend to your lengthen the leg over from your body to a diagonal line with knee pointed, pressing over foot into the band.

STAGE TWO

Extend to return the leg back to the table-top 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 from rest of towards.

PREPARATORY STAGE

Lie flat on your mat with your spine and pelvis neutral and both legs straight at your hips and knees in the table-top position. Hipbones apart. Extended knee under your ankle with palms down.

STAGE ONE

Extend to your lengthen one leg over from your body to a diagonal line with knee pointed. Many knee flex and over knee engaged during this movement.

STAGE TWO

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

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.



Science Experiments Pilates At Home Guide

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



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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 Pena argues can we fully understand our culture's twentieth century energy enthusiasm **Subject Guide to Books in Print**, 1991 **Everything Home Decorating** Cheryl Kimball, 2003-08-01 A room by room guide to making your home beautiful *The British National Bibliography* Arthur James Wells, 2009 **TV Guide**, 2004 **Yoga** Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Bowker's Complete Video Directory**, 2000 **Berkshire Encyclopedia of World Sport**, 2005 Covers the whole world of sport from major professional sports and sporting events to community and youth sport as well as the business of sports and key social issues Provided by publisher **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **A Guide to Web Authoring Using Microsoft FrontPage 2000** Beth Brown, Bruce Presley, Elaine Malfas, 2001 **Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access** Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of

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