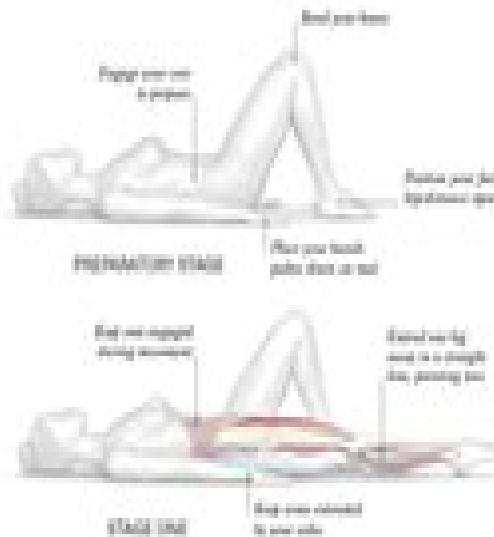


VARIATIONS

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 at the diagonal.



PREPARATORY STAGE / STAGE ONE

BEGINNER LEVEL

In this variation, you bend the leg in the hip, keeping it closer than the knee. 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 open with feet flat on the mat. Extend your arms to your sides.

STAGE ONE

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

STAGE TWO

Inhale to return the leg back to the mat. 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 open with feet flat on the mat. Extend your arms to your sides.

STAGE ONE

Exhale as you move one leg up to the knee. Inhale to lengthen it more than your body in a diagonal line and press.

STAGE TWO

Inhale to extend the leg back to the mat and feet flat on the mat. 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 press into it. This also allows you to press against resistance, which provides added feedback on leg position and increases your core engagement.

PREPARATORY STAGE

Lie on your mat with both legs bent at your hips and knees. Hip flexor open with feet flat on the floor. Extend your arms to your sides. Place a band around the mid-thighs and place it around the mid-thighs.

STAGE ONE

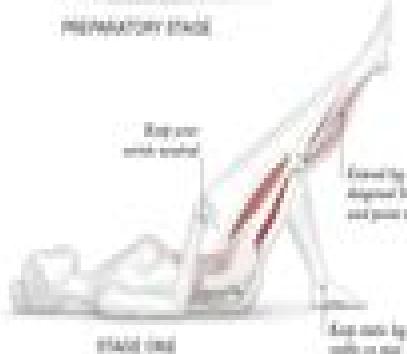
Inhale as you lengthen the leg away from your body to a diagonal line and press, keeping the feet flat on the floor.

STAGE TWO

Inhale to extend the leg back to the mid-leg position. Exhale to fold expression before switching to the other leg.



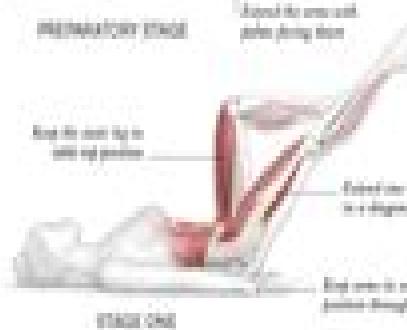
PREPARATORY STAGE



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 mat. Control your movements as you extend the leg away from your body and engage your pelvic floor and hamstrings.

PREPARATORY STAGE

Lie on your mat with your spine and pelvis neutral and both legs bent at your hips and knees in the mid-leg position. Hip flexor open. Extend your arms to your sides with palms down.

STAGE ONE

Inhale as you lengthen one leg away from your body to a diagonal line and press. Keep the band over both legs and core core engaged during this movement.

STAGE TWO

Inhale to extend the leg back to the mid-leg position. Repeat on the opposite leg and continue to alternate legs for full expression.

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SJ Ball

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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 Pe a argues can we fully understand our culture s twentieth century energy enthusiasm

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