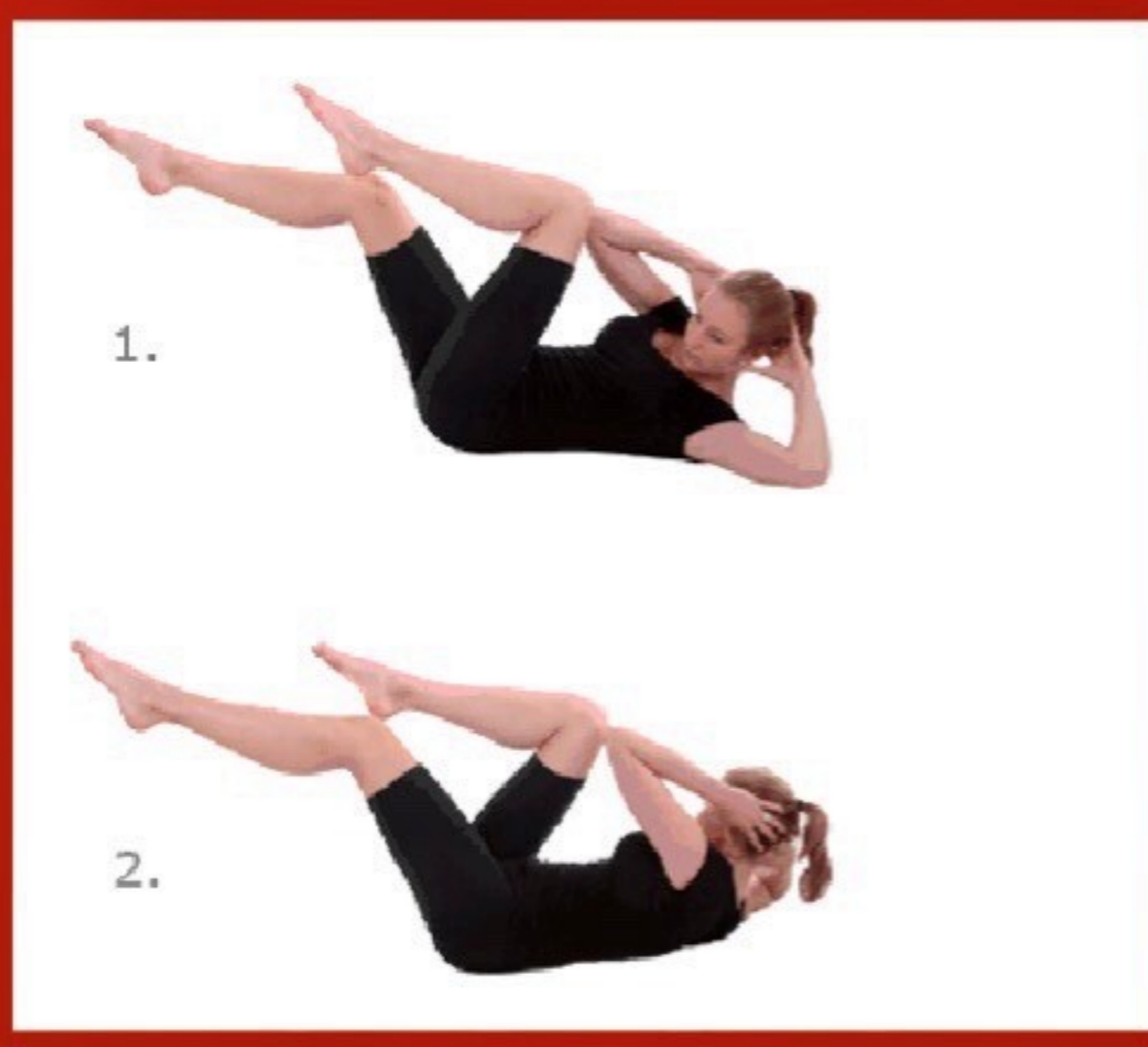


PILATES SERIES

HOW TO DO PILATES

THE CRISS CROSS



This exercise works the external obliques, waistline and lower back.

Lie on your back with hands behind your lifted head; elbows wide and your knees bent into your chest.

Extend your right leg out long; hovering above the mat. Twist your upper body until the right elbow touches left knee. Open the back (left) elbow behind you. Inhale as you lift to twist, hold for 3 counts. Exhale and switch sides, bringing your left elbow to your right knee while extending the opposite (left) leg out in front of you. Hold for 3 counts. Keep your upper back and shoulders off the mat as you twist from side to side. Complete 8-10 times. To end bring both knees into chest.

DSCC MWR Trainer Tip: Lift and twist from your waist, not from your neck and shoulders. Avoid twisting exercises such as this if you have suffered a recent back injury.