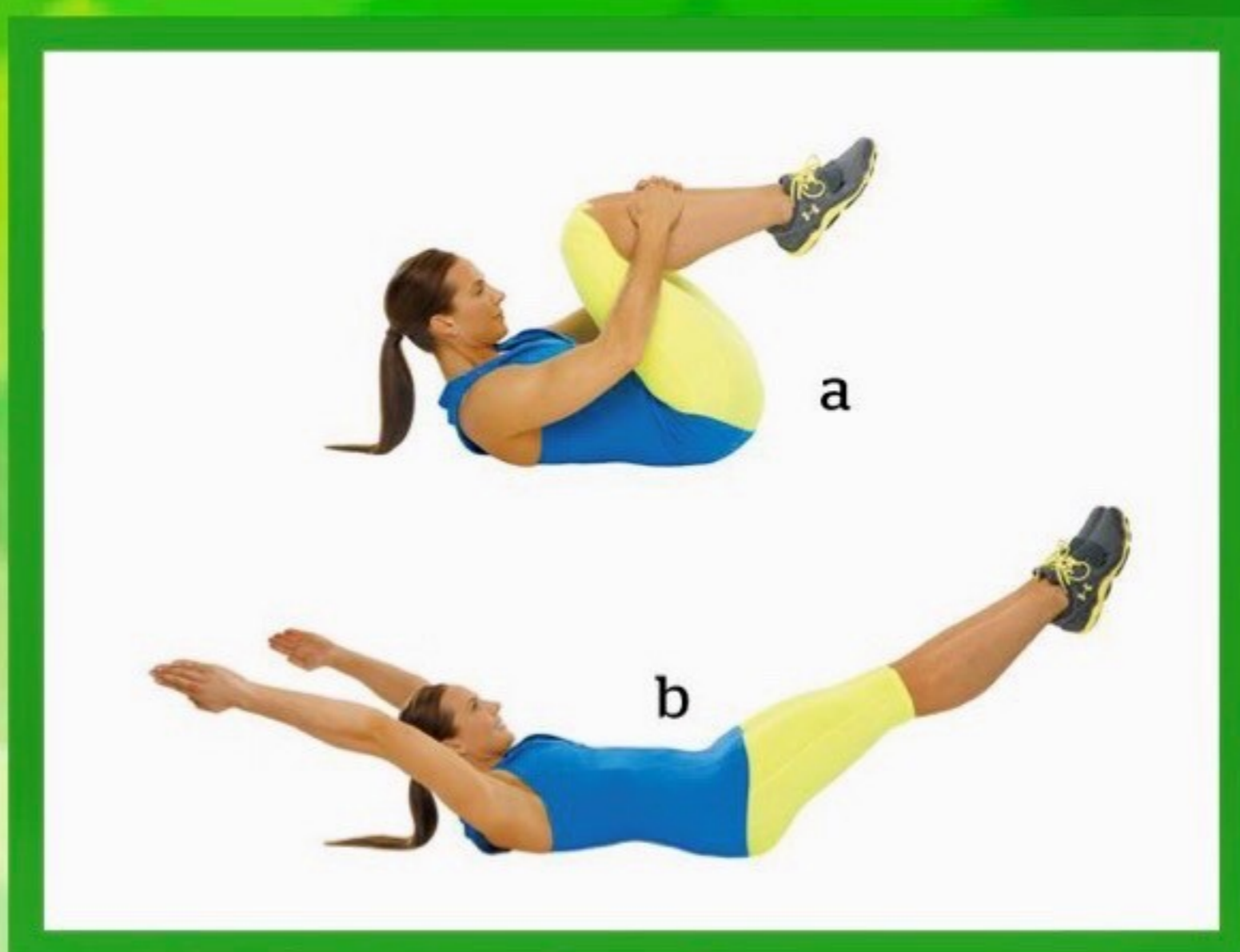


# PILATES SERIES

## HOW TO DO PILATES

### Double Leg Stretch



**This exercise strengthens the abdominals and stabilizes the core. Lift your head and shoulders off the mat, bring both knees into your chest, and place one hand on each shin.**

**Movement:** Inhale as you extend your arms and legs out in opposite directions on a diagonal. Keep arms shoulder width apart and legs together with neck and shoulders lifted off the mat throughout the exercise. Circle the arms around as you exhale, drawing the knees into your chest as you return to start position. Repeat 5-10 times.

**DSCC MWR Trainer Tip:** The back and pelvis stay flat and stable into the mat through the exercise. Keep the arms level with each other and shoulder width as they extend out. Start with lower reps , increase as you gain strength.