

PILATES SERIES

LEARN HOW TO DO PILATES

Twist & Reach (Saw)



This exercise strengthens the abdominals and lower back.

Sit tall with legs extended straight and slightly wider than hip width apart, with feet flexed. Arms reach straight to the side and shoulder height.

Inhale rotate your torso to the right, exhale dive forward reaching the outside of your left hand to the outside of your right foot. Inhale stack your spine staying in rotation, exhale unwind to center. Repeat on the other side. Repeat 5-10 times each side.

DSCCMWR Trainer Tip: As you twist to one side, ensure that the pelvis does not shift and the torso does not lean. Lower body stays anchored into the Mat.