

# PILATES SERIES

## HOW TO DO PILATES

### Leg Circles



**This exercise strengthens abdominals and tones the legs. Lie on back and pull your abdominal muscles in, anchoring the pelvis and shoulders to the mat. Draw one knee in towards the chest and extend it straight toward the ceiling.**

**Draw a circle with your leg inhaling the first half of the circle and exhaling the second half of circle. Do 5-10 circles in each direction. Switch legs and repeat on other side.**

**DSCC MWR Trainer Tip: Use control as you do the circles and keep lower back anchored to the mat.**