

PILATES SERIES

HOW TO DO PILATES

Corkscrew



The corkscrew offers a great challenge for shoulder stability and abdominal work as you rotate the legs opposite a still, calm upper body. It is an intermediate-level exercise, but can be intensified to become an advanced exercise. Lift both legs toward the ceiling, imagine your legs are glued together to form a pencil. Draw a circle moving to the right 10x. Reverse the direction and draw a circle to the left 10x. Be sure to keep the core and shoulders still. Breathing Tip: Inhale the first half of the circle, exhale the second half, repeat 10 circles each direction.