

PILATES SERIES

HOW TO DO PILATES

Straight Leg Stretch



Start by laying flat on your back. Lift legs off the floor, legs should be straight and pointed to the ceiling. Lift shoulders off the mat, grab right leg near calve/ankle. Pull right leg into torso and pulse twice (pull, pull) lower the other leg toward the floor. Switch legs (pull, pull) left leg, repeat 10x. This exercise is great for developing leg flexibility and core strength.