

# PILATES SERIES

## HOW TO DO PILATES

### Double Leg Kick



**Start Position:** Lie on stomach and turn head to place one cheek on the Mat. Place hands clasped and high up on back, with elbows dropping towards the Mat. **Movement:** Kick both heels to the seat three times. Extend both legs straight as the hands reach to the feet while finding a back extension. Start movement again with opposite cheek on mat. Alternate the start of this exercise with the right and left cheek on the mat. Repeat 5-10x