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# *Inspirational Pilates*

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*Quality teaching for exceptional results*

## **SINGLE LEG STRETCH - OPTION 1**

**(Core abdominals / transverse abdominus, hip flexors)**

OPTION 1:

START IN A SUPINE POSITION WITH A NEUTRAL SPINE AND NAVEL  
DRAWN TO SPINE.

FOOT IS IN BAND TO SUPPORT THE MOVING LEG.

EXHALE - LOWER THE LEG MAINTAINING STABILITY THROUGH THE  
UPPER BODY

INHALE - RETURN TO STARTING POSITION



## **OPTION 2:**

AS THE LEG LOWERS, UNPEEL THE HEAD, SHOULDERS AND  
UPPER BACK OFF THE MAT

**THIS WILL CHALLENGE THE 'GLOBAL' ABDOMINALS  
(RECTUS ABDOMINUS)**

DO EITHER OPTION 10 - 12 TIMES



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## **DOUBLE LEG STRETCH - OPTION 1**

**(Transverse and rectus abdominus, hip flexors)**

START IN A SUPINE POSITION WITH A NEUTRAL SPINE AND NAVEL  
DRAWN TO SPINE

PLACE BOTH FEET SECURELY IN THE BAND AND KEEP THE  
SHOULDERS BACK AND DOWN

EXHALE - START TO LOWER THE LEGS AS YOU UNPEEL THE HEAD,  
SHOULDERS AND UPPER BACK OFF THE MAT

INHALE - RETURN IN A CONTROLLED MANNER

DO 8 - 10 TIMES



## **OPTION 2**

HOLD EACH END OF THE BAND AT ARM'S LENGTH

EXHALE - STRETCH THE BAND TO EACH SIDE AND LOWER THE  
LEGS AS THE HEAD, SHOULDERS AND UPPER BACK PEEL OFF THE  
MAT

INHALE - RETURN TO THE STARTING POSITION

DO 8 - 10 TIMES



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## **ROLLING BACK**

**(Rectus and transverse abdominus, obliques, hip flexors)**

START SEATED WITH A STRAIGHT BACK AND THE FEET IN THE BAND - ENSURE IT IS TAUT AND SECURE

EXHALE - TILT THE PELVIS BACKWARDS AND  
SEQUENTIALLY ROLL THROUGH THE VERTEBRAE UNTILL THE BACK OF THE  
WAIST IS IN CONTACT WITH THE MAT

INHALE - HOLD

EXHALE - REVERSE THE MOVEMENT



## **OPTIONAL CHALLENGE**

DO NOT ROLL DOWN QUITE SO FAR AND PULL ONE ARM  
BACK ROTATING THE UPPER BODY

REPEAT WITH THE OTHER ARM BEFORE RETURNING TO THE  
STARTING POSITION

DO EITHER OPTION 8 - 12 TIMES

