

## VARIATIONS

These simple variations encourage you to keep the leg in line from the hip to the knee and ankle, and to maintain the hipbones apart for correct alignment. They allow you to progress slowly to build pelvic stability and core control.



### SINGLE LEG OPTION

Use your stable leg to press into the mat for stability while your moving leg reaches away. Focus on core engagement as you press the leg upwards on the diagonal.



KEY

Primary target muscle

Secondary target muscle

## BEGINNER LEVEL

In this position, you keep the leg in the mat, making it easier to learn. This is more supportive to the back and less demanding on your core. Learn leg alignment before progressing to lifting the leg off the mat.

### PREPARATORY STAGE

Lie flat on your mat with your spine and pelvis neutral, both legs straight at your hips and knees, hipbones apart with feet flat on the mat. Forward your arms to your sides.

### STAGE ONE

Extend one leg straight out leg away to a straight line from your body, keeping contact with your mat.

### STAGE TWO

Extend to return the leg back to the mat. Repeat on the opposite leg and continue to alternate legs for 8-10 repetitions.

### PREPARATORY STAGE

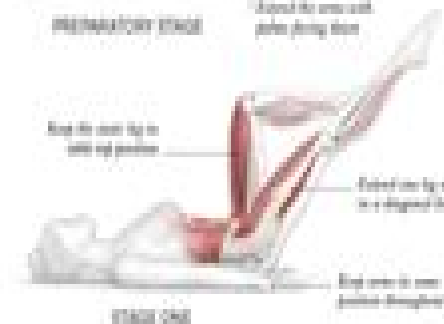
Lie flat on your mat with your spine and pelvis neutral, both legs straight at your hips and knees, hipbones apart with feet flat on the mat. Forward your arms to your sides.

### STAGE ONE

Extend one leg away leg up to the stable leg position. Lengthen a line from your body to a diagonal line with toes pointed.

### STAGE TWO

Extend to return the leg back to stable leg and bring down to the mat. Repeat on the opposite leg and continue to alternate legs for 8-10 repetitions.



## WITH BAND SUPPORT

Using a band provides extra stability to the hip and leg as you press into it. This also allows you to press against resistance, which provides useful feedback on leg position and increases your core engagement too.

### PREPARATORY STAGE

Lie flat on your mat with both legs straight at your hips and knees, hipbones apart with feet flat on the mat. Forward your arms to your sides. Place one leg up to the stable leg position and place a resistance band around the side of your foot.

### STAGE ONE

Extend to your lengthen the leg away from your body to a diagonal line with toes pointed, pressing one foot into the band.

### STAGE TWO

Extend to return the leg back to the stable leg position. Complete 8-10 repetitions before switching to the other leg.

## DOUBLE TABLE TOP

This increases your core challenge by having both legs raised throughout, with the addition of a long leg hold. Control your abdominals as you extend the leg away from you and retract your pelvis from out of forwards.

### PREPARATORY STAGE

Lie flat on your mat with your spine and pelvis neutral and both legs straight at your hips and knees in the stable leg position, hipbones apart. Forward your arms to your sides with palms down.

### STAGE ONE

Extend to your lengthen one leg away from your body to a diagonal line with toes pointed. Move your head and neck long and your core engaged during the movement.

### STAGE TWO

Extend to return the leg back to the stable leg position. Repeat on the opposite leg and continue to alternate for 8-10 repetitions.

# Science Experiments Pilates At Home Guide

**Cheryl Kimball**



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**The Gale Encyclopedia of Alternative Medicine** Kristine M. Krapp, Jacqueline L. Longe, 2001 Authoritative objective and in tune with the subjects that matter to students and researchers the Gale Group presents The Gale Encyclopedia of Alternative Medicine unbiased information on alternative and complementary medical practices Covering all aspects of the subject therapies conditions diseases herbs plants and people the Encyclopedia identifies 40 types of alternative medicine being practiced today including Accupressure acupuncture Ayurveda Biofeedback Chelation therapy Chinese medicine Chiropractic Detoxification Feldenkrais Kinesiology Naturopathy Osteopathy Polarity therapy Yoga And many others For the practitioner or interested patient there are current training requirements listings of organizations as well as descriptions of treatments Information on recommended therapies for specific disorders and diseases medicinal uses for plants and herbs are balanced by conclusions of studies on efficacy and analysis of current levels of acceptance by traditional scientists and doctors Biographies of pioneers in the field including Deepak Chopra Edward Bach and David Palmer appear as sidebars through the text Included are 50 sidebars Each volume contains a color photo insert containing images of herbs Includes more than 275 disease condition entries 300 herb remedy entries and 150 therapies *The Body Electric* Carolyn Thomas de la Pena, 2005-04 Between the years 1850 and 1950 Americans became the leading energy consumers on the planet expending tremendous physical resources on energy exploration mental resources on energy exploitation and monetary resources on energy acquisition A unique combination of pseudoscientific theories of health and the public's rudimentary understanding of energy created an age in which sources of industrial power seemed capable of curing the physical limitations and ill health that plagued Victorian bodies Licensed and quack physicians alike promoted machines electricity and radium as invigorating cures veritable fountains of youth that would infuse the body with energy and push out disease and death The Body Electric is the first book to place changing ideas about fitness and gender in dialogue with the popular culture of technology Whether through wearing electric belts drinking radium water or lifting mechanized weights many Americans came to believe that by embracing the nation's rapid march to industrialization electrification and radiomania their bodies would emerge fully powered Only by uncovering this belief's passions and products Thomas de la Pe a argues can we fully understand our culture's twentieth century energy enthusiasm **Subject Guide to Books in Print**, 2001

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Martin,2018-10-01 Dr Martin s book provides a theoretical framework and specific progressive exercises in the Pilates environment in their work with those individuals who have asymmetries of the spine ribcage and pelvis associated with conditions such as scoliosis This book helps Pilates instructors who want to move beyond basic certification to work safely and effectively with those who have structural and functional asymmetries The many musculoskeletal ramifications of spinal asymmetry are explained based on relevant anatomy and current theories of causes of deformity thus throwing light on an often confusing topic A developed framework offers practical solutions that will further the body of knowledge in the specialized education of Pilates instructors by enabling them to learn a safe and systematic method of instructing those with scoliosis This framework helps instructors administer individualized Pilates exercise progressions These comprise creating a client profile for the individual developing concepts and considerations for effective exercise delivery and execution and presentation of those exercise progressions In addition two important aspects not yet found within the Pilates field are addressed The first is the importance of the significant role outlining the scope of practice of the Pilates instructor in the care of those with spinal asymmetries And secondly is to identify separate approaches necessary for differing populations at distinct times of life Stages such as youth and adult each require a certain approach The decades of young adult mid life and elder years present special challenges due to the co morbidities associated with the adult with scoliosis     **TV Guide** ,2004

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*Das Schweizer Buch* ,2005     *Structural Bodywork* John Smith,2005 An advanced introduction to the field of structural bodywork which focusses on the issues of postural and functional dysfunction The text builds on the theories of Ida Rolf Rolfing and Feldenkrais and reviews them in the broader context of massage therapy and other complementary therapies based on bodywork techniques including chiropractic The book is in 3 main parts Part 1 looks at the background of structural bodywork and how it has developed before defining it as it is understood today Part 2 looks at the theory of structural body work in more depth and relates it to human anatomy and clinical presentations It draws together various strands of theory

and practice which have not been considered together before but are all related to bodywork practice Part 3 is a major part of the book and is a practical guide to structural bodywork techniques This latter section is highly illustrated with photographs and line drawings Content is highly readable academically sound and grounded firmly in bodywork practice Previously unrelated theories are discussed and applied to practice The well known theories of Rolf and Feldenkrais are reviewed A comprehensive practical manual section provides numerous techniques and models for a variety of musculoskeletal skeletal problems Numerous illustrations provide a better understanding of text content     **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1904 An author subject index to selected general interest periodicals of reference value in libraries     **Worksite Resource Kit** Colorado Physical Activity and Nutrition Program. Worksite Task Force,2003     *Guide to Microforms in Print* ,1995

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