**The Pilates Fab 5 Stomach Series**

1. Single Leg Stretch
* To mimic athletic and walking movements of hips and pelvis
* requires on hip to open and one to fold
1. Double Leg Stretch
* Weight of legs and arms challenge abdominal control and endurance
* requires adaptability of breath work and bone rhythms



1. Scissors
* Challenges left and right side during transitions
* Requires ability to access control and awareness
1. Double Leg Lift and Lower
* Extremely challenging to put hands behind head and control legs
* Requires strength and control of abdominals to protect back and engage legs
1. Criss Cross (Bicycle)
* Rotation quality being challenged to the max
* Requires the ability to move ribcage to turn

**Exercises:**

Warm Up: 1. Breathing

 2. Pelvic and Leg Movements

 3. Spinal Rotation

Single Leg Stretch: Toe Dips 🡪 Curl Up 🡪 Leg Stretch

Double Leg Stretch: Double Leg Dips 🡪 Take Hat Off 🡪 Leg Reach to Ceiling

Scissors: Reciprocation of legs 🡪 Reaching Quality 🡪 Lengthen Waist

Double Leg Lifts: Plug Legs Into Sockets 🡪 Turn Legs Out 🡪 Lower & Lengthen

Criss Cross: Bicycle Turn 🡪 Reciprocating Legs 🡪 Turn Breastbone

**Explore More:**

https://www.easyvigour.net.nz/fitness/h\_Free\_Pilates\_Exercises.htm

*Exercise instruction with pictures along with basic principles and breathing.*

https://studiofitnessvictoria.com/workshops