# ONE LEG STRETCH

This beginner-level exercise strengthens the abdominal muscles with a mixture of coordination and reciprocal lag-movements. Performing this exercise propted a basic for our everyday lower limb movements. such as walking, nutning, and sycling.

# THE BIG PICTURE

This exercise works your sort strongth in orbation. to the long log letters. It run by used at propers for Double Lay Sweeck (see p.84). Materials year head, truck, and poble position throughout the encircles and encours one do not course to the olds: Secretar Smillion with the monomous Sois below. adding in the breaking. Complete 8: 30 repetitions.



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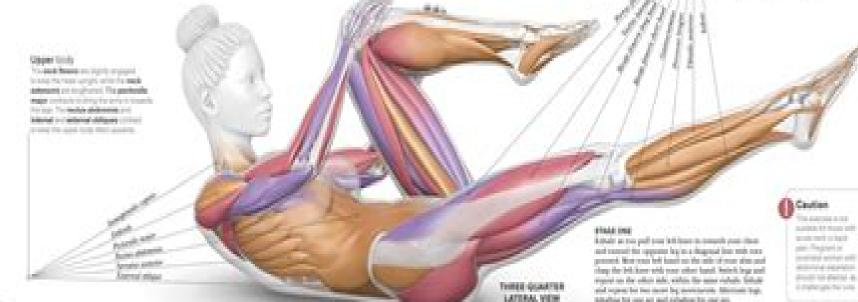
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# **Pilates At Home Science Experiments Discount**

**Yijin Wang** 

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