



## PILATES STANCES:

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### **1 Parallel and together**

Also known as 'Feet Together' or "false parallel". Heels together, big toe knuckles together. This provides a small base of stability.

### **2 Modified Turnout**

Heels together, big toes are approx. 2-3 finger-widths apart. This is a modification of Parallel and Together. There is a greater surface area for balance. This foot position mimics some of the features of anatomical neutral.

### **3 Pilates Stance**

Heels together, and around one fist width between the toes. This is also referred to as "Pilates First". This stance a greater surface area to balance on and a strong heel connection. Making a heel-to-heel connection can assist with connection and activation of the adductors/inner thighs and glutes.

### **4 Parallel and hip width apart**

This provides a wide base of support, but without the heel connection or significant external rotation