



PILATES WORKOUT

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1



WINDMILL

2 X
10 REPS
IIIIII▶

2



SCISSOR KICK

3



DONKEY KICK

2 X
10 REPS
IIIIII▶

4



SIDE LYING CLAM

5



BICYCLE CRUNCH

2 X
10 REPS
IIIIII▶

6



BIRD DOG

7



LUNGE

2 X
10 REPS
IIIIII▶

8



BUTTERFLY STRETCH

How To Start Pilates For Beginners Step Plan 24618

Richard Bailey



How To Start Pilates For Beginners Step Plan 24618:

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