

# BEGINNER WORKOUT PLAN

## 8 PILATES EXERCISES

### 10-MINUTE WORKOUT

#### WARM-UP



SIDE LEG LUNGES  
10 REPS/SIDE



HORIZONTAL LEG RISES  
10/12 REPS/SIDE



VERTICAL LEG RISES  
20 REPS



GLUTE BRIDGE  
20 REPS



SUPERHERO  
15 REPS



SIMPLE CRUNCHES  
15 REPS



FORWARD LUNGES  
10 REPS/SIDE



LEG BICYCLES  
60 SECONDS

#### COOL DOWN

FOR COMPLETE EXERCISE INSTRUCTIONS SEE THE FULL PILATES WORKOUT PLAN.



# Why Pilates For Beginners Step Plan For Workers

**Julia Schneider**



## **Why Pilates For Beginners Step Plan For Workers:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Why Pilates For Beginners Step Plan For Workers** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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