

BEGINNER WORKOUT PLAN

8 PILATES EXERCISES

10-MINUTE WORKOUT

WARM-UP



SIDE LEG LUNGES
10 REPS/SIDE



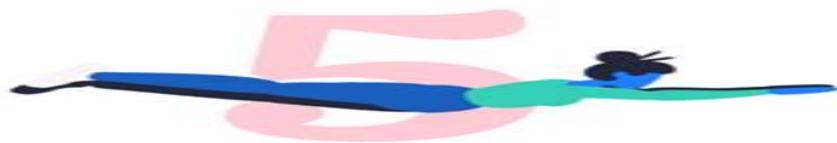
HORIZONTAL LEG RISES
10/12 REPS/SIDE



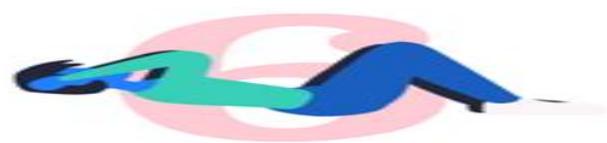
VERTICAL LEG RISES
20 REPS



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.



Affordable Pilates For Beginners Step Plan

Katrin Zwirglmaier



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name atonement stars keira knightley as cecilia tallis and james mcavoy as robbie turner the main character briony tallis is played by three different actresses from young to old saoirse ronan romola garai and vanessa

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old fledgling writer briony tallis irrevocably changes the course of several lives when she accuses her older sister's lover of