

15 MINUTE PILATES

..... *for beginners*



GLUTE BRIDGE x 15 reps



AB CRUNCH x 15 reps



LYING LEG EXT x 15 reps



**LYING WINDSHEILD WIPER
x 15 reps**



**SIDE LYING LEG ABDUCTION
x 15 reps**



**SIDE LYING LEG ADDUCTION
x 15 reps**



**SIDE LYING LEG ABDUCTION
x 15 reps**



other side



**SIDE LYING LEG ADDUCTION
x 15 reps**



other side



BACK EXTENSION x 15 reps



GOAL POST LIFTS x 15 reps



Simple Pilates For Beginners Guide For Workers

M Mosston



Simple Pilates For Beginners Guide For Workers:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Simple Pilates For Beginners Guide 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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