



PILATES

WORKOUT

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1



WINDMILL

2 X
10 REPS
IIIIII▶

2



SCISSOR KICK

3



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2 X
10 REPS
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4



SIDE LYING CLAM

5



BICYCLE CRUNCH

2 X
10 REPS
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6



BIRD DOG

7



LUNGE

2 X
10 REPS
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8



BUTTERFLY STRETCH

How To Start Pilates For Beginners Step Plan

Marcia L. Jones, Theresa Eichenwald



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