

# 6 SIMPLE AT HOME PILATES EXERCISES



1. WARM-UP:  
PILATES  
BREATHING



2. PILATES  
BRIDGE



4. PLANK



3. CAT-COW



5. THE  
HUNDRED



6. THE SAW

# Simple Pilates For Beginners Guide 37441

**Judd E. Hollander**



## **Simple Pilates For Beginners Guide 37441:**

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