

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.



Top Method For Pilates For Beginners Step Plan

Tracy L. Barr, Katrina Carlisle



Top Method For Pilates For Beginners Step Plan:

Eventually, you will categorically discover a supplementary experience and capability by spending more cash. still when? get you put up with that you require to acquire those all needs later having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more as regards the globe, experience, some places, later than history, amusement, and a lot more?

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