

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.



Trending Pilates For Beginners Step Plan For Creators

Peipei Pang



Trending Pilates For Beginners Step Plan For Creators:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Trending Pilates For Beginners Step Plan For Creators** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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