



# PILATES

## WORKOUT

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1



WINDMILL

2 X  
10 REPS  
IIIIII▶

2



SCISSOR KICK

3



DONKEY KICK

2 X  
10 REPS  
IIIIII▶

4



SIDE LYING CLAM

5



BICYCLE CRUNCH

2 X  
10 REPS  
IIIIII▶

6



BIRD DOG

7



LUNGE

2 X  
10 REPS  
IIIIII▶

8



BUTTERFLY STRETCH

# How To Start Pilates For Beginners Step Plan

**Lingsheng Yao**



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