

# 15 MINUTE PILATES

*for beginners*



**GLUTE BRIDGE x 15 reps**



**AB CRUNCH x 15 reps**



**LYING LEG EXT x 15 reps**



**LYING WINDSHEILD WIPER x 15 reps**



**SIDE LYING LEG ABDUCTION x 15 reps**



**SIDE LYING LEG ADDUCTION x 15 reps**



**SIDE LYING LEG ABDUCTION x 15 reps**



other side



**SIDE LYING LEG ADDUCTION x 15 reps**



other side



**BACK EXTENSION x 15 reps**



**GOAL POST LIFTS x 15 reps**



# Simple Pilates For Beginners Ideas For Beginners

**Joacim Rocklöv**



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