

# 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**



# Beginner Friendly Pilates For Beginners Online For Workers

**Patrick Vollmar**



**Beginner Friendly Pilates For Beginners Online For Workers:**

Eventually, you will extremely discover a extra experience and talent by spending more cash. still when? complete you acknowledge that you require to get those all needs considering having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more approaching the globe, experience, some places, later than history, amusement, and a lot more?

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