

# 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

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# Quick Pilates For Beginners Step Plan For Creators

**AN Whitehead**



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web assessment f ormative a nd summative framework domain 1f assessing student learning may indicate the type of assessment most appropriate or it may provide sample questions entire tests portfolio guidelines or rubrics if available

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