

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 Usa

Yijin Wang



Simple Pilates For Beginners Usa:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Simple Pilates For Beginners Usa**

In a global inundated with screens and the cacophony of fast transmission, the profound power and emotional resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, situated within the musical pages of **Simple Pilates For Beginners Usa**, a fascinating function of literary elegance that impulses with raw emotions, lies an remarkable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this mesmerizing opus courses viewers on a psychological odyssey, lightly exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect their interesting writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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