

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 For Students

L Manion

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, overlapping a red circular gradient that fades out to the right.

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In a global inundated with screens and the cacophony of fast conversation, the profound energy and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the regular assault of noise and distractions. However, situated within the musical pages of **Simple Pilates For Beginners For Students**, a captivating work of literary splendor that pulses with organic emotions, lies an memorable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that enchanting opus guides viewers on a psychological odyssey, gently revealing the latent possible and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect their captivating publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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