

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

FOR COMPLETE EXERCISE INSTRUCTIONS SEE THE FULL PILATES WORKOUT PLAN.



Pro Pilates For Beginners Step Plan For Beginners

Tao Wei



Pro Pilates For Beginners Step Plan For Beginners:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Pro Pilates For Beginners Step Plan For Beginners** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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