

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 Creators

Jicheng Xie



Pro Pilates For Beginners Step Plan For Creators:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Pro Pilates For Beginners Step Plan For Creators** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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