

# 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**



# Best Pilates For Beginners For Creators 38510

**Marcel A. Müller**



**Best Pilates For Beginners For Creators 38510:**

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Best Pilates For Beginners For Creators 38510** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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