

# 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**



# How To Start Pilates For Beginners Online 524

**S Nieto**



## **How To Start Pilates For Beginners Online 524:**

Delve into the emotional tapestry woven by Crafted by in **How To Start Pilates For Beginners Online 524** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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