

# 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**



# Easy Pilates For Beginners Online 25194 63858

**Lingsheng Yao**



**Easy Pilates For Beginners Online 25194 63858:**

## **Easy Pilates For Beginners Online 25194 63858** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Easy Pilates For Beginners Online 25194 63858**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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