

# 6 SIMPLE AT HOME PILATES EXERCISES



1. WARM-UP:  
PILATES  
BREATHING



2. PILATES  
BRIDGE



4. PLANK



3. CAT-COW



5. THE  
HUNDRED



6. THE SAW

# Simple Pilates For Beginners For Moms For Experts

**H Kauffman**



**Simple Pilates For Beginners For Moms For Experts:**

Uncover the mysteries within is enigmatic creation, **Simple Pilates For Beginners For Moms For Experts** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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