

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

Pilates At Home Latest

LL Leslie

A decorative graphic consisting of a semi-circle with a red-to-white gradient, positioned to the right of the author's name.

Pilates At Home Latest:

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,2007

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WTIU. ,2005

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