



# PILATES

## 30 DAY WORKOUT



**1**

**TOÀN THÂN / CHÂN**

30 MIN Full Body  
15 MIN Legs

**2**

**BỤNG / MÔNG**

20 MIN Abs / Glutes  
15 MIN Abs

**3**

**CHÍNH GŨ / CARDIO**

20 MIN Posture  
Tạo cơ bụng 11

**4**

**CHÂN / MÔNG**

Hãm hông  
Thon đùi trước

**5**

**CARDIO / THẤT EO**

Cardio thân dưới  
Tạo thất eo

**6**

**WALL PILATES**

15 MIN Wall Pilates  
15 MIN Full Body

**7**

**CỘT SỐNG / GIÃN**

Mobility & Stretch  
Nghỉ ngơi

**8**

**TOÀN THÂN / BỤNG**

30 MIN Full Body  
Tạo cơ bụng 11

**9**

**TAY VÀ LƯNG**

15 MIN Arms  
20 MIN Full Body

**10**

**BỤNG MÔNG CHÂN**

25 MIN Lower Body  
Bụng dưới nhỏ ra

**11**

**CHÂN VÒNG KIỂNG**

Chân vòng kiếng  
Cardio / Bụng

**12**

**KƯƠNG QUẠI XANH**

Xương quai xanh  
30 MIN Full Body

**13**

**HỖM HÔNG / CHÂN**

Hãm hông  
15 MIN Legs

**14**

**GIÃN CƠ**

15 MIN Mobility  
Nghỉ ngơi

**15**

**TOÀN THÂN / BỤNG**

30 MIN Full Body  
Bụng dưới

**16**

**CHÍNH GŨ / CARDIO**

20 MIN Posture  
Lower Body Cardio

**17**

**BỤNG MÔNG CHÂN**

Khung chậu đổ trước  
Tạo thất eo

**18**

**WALL PILATES**

15 MIN Wall Pilates  
Động hồ cát

**19**

**TOÀN THÂN / TAY**

30 MIN Full Body  
15 MIN Arms

**20**

**GŨI TRƯỚC NHỎ RA**

Thon gọn đùi trước  
15 MIN Full Body

**21**

**TẬP CỘT SỐNG**

Mobility & Stretch  
Nghỉ ngơi

**22**

**TOÀN THÂN / MÔNG**

30 MIN Full Body  
15 MIN Glutes

**23**

**CHÍNH GŨ / BỤNG**

Xương quai xanh  
Tạo cơ bụng 11

**24**

**CHÂN / MÔNG**

Hãm hông  
Thon đùi trước

**25**

**CHÂN VÒNG KIỂNG**

Chân vòng kiếng  
15 MIN Arms

**26**

**CARDIO / THẤT EO**

Cardio & Thất eo  
15 MIN Legs

**27**

**TAY VÀ LƯNG**

20 MIN Posture  
15 MIN Full Body

**28**

**GIÃN CƠ**

Mobility & Stretch  
Nghỉ ngơi

**29**

**TOÀN THÂN / TAY**

30 MIN Full Body  
15 MIN Arms

**30**

**BỤNG / MÔNG**

20 MIN Abs / Glutes  
Khung chậu đổ trước

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# Pilates At Home Concert Tickets This Week

**M Lipman**



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