

# 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**



# Pilates At Home Yoga For Beginners Guide

**Arthur James Wells**



## **Pilates At Home Yoga For Beginners Guide:**

Guide to Life After 50, 60, 70 & Beyond for Dummies Dummies Press, Dummies Press Staff, 2004 The fun and easy way to live life after 50 Filled with smart tips and secrets custom made for you This book covers virtually everything from health to money travel and more

**Yoga Journal** ,1996-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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*Stress Control for Peace of Mind* Linda Wasmer Andrews, 2005 In a 24 7 world where time is short and tasks are many everyone can benefit from a little more relaxation Start the calm energy flowing with these effective techniques for lessening stress from meditation to massage Find out exactly why stress is so harmful mentally physically and spiritually and handle it with exercise including Eastern forms such as qigong therapeutic writing and more Instead of fight and flight you ll breathe and relieve

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**The Publishers Weekly** ,2004

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