

# GET STARTED WITH PILATES

## WEEK 1

Finding neutral



Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



## WEEK 2

Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



Shoulder bridge x5



## WEEK 3

Toe taps 10 each leg



Shoulder bridge x5



Single leg stretch x 12 each leg



Spine twist 8 each way



## WEEK 4

Shoulder bridge x 8



Single leg stretch x 15 each leg



Spine twist 10 each way



Rolling like a ball x 10



INSTRUCTIONS & PRINTABLE  
AT MY FITNESS PLANNER

# Pilates At Home College Rankings This Week

**Mark Steyvers**



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