

At-Home Pilates Workout Plan

1



Single Leg Stretch
10 reps x 3 sets

2



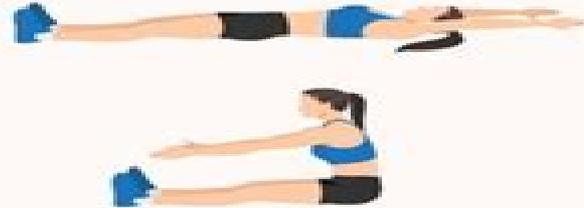
Double Leg Stretch
10 reps x 3 sets

3



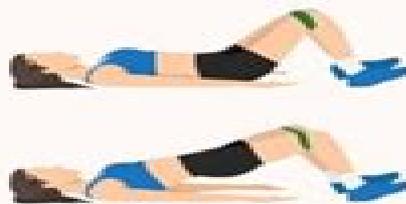
Hundreds
10 reps x 3 sets

4



Roll ups
6 reps x 3 sets

5



Glute Bridge
12 reps x 3 sets

6



Push ups
10 reps x 3 sets

JUSTFIT!

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SJ Ball



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