



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 Act Practice This Month

Puja Mehta



Pilates At Home Act Practice This Month:

The Top Books of the Year Pilates At Home Act Practice This Month The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Pilates At Home Act Practice This Month : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Pilates At Home Act Practice This Month : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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