

# At-Home Pilates Workout Plan

1



**Single Leg Stretch**  
10 reps x 3 sets

2



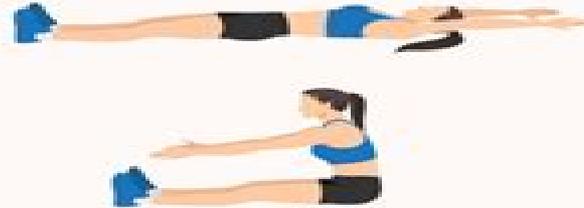
**Double Leg Stretch**  
10 reps x 3 sets

3



**Hundreds**  
10 reps x 3 sets

4



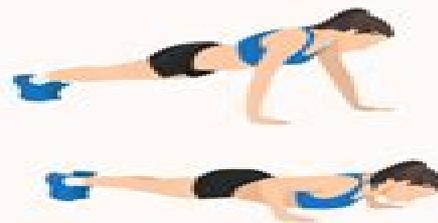
**Roll ups**  
6 reps x 3 sets

5



**Glute Bridge**  
12 reps x 3 sets

6



**Push ups**  
10 reps x 3 sets

**JUSTFIT!**

# Pilates At Home Guide Login

**David J. WEINER**



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