

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 This Week Sign In

Wolfgang Guggemos



Pilates At Home This Week Sign In:

Pilates At Home This Week Sign In Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Pilates At Home This Week Sign In**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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