

# 6 SIMPLE AT HOME PILATES EXERCISES



1. WARM-UP:  
PILATES  
BREATHING



2. PILATES  
BRIDGE



4. PLANK



3. CAT-COW



5. THE  
HUNDRED



6. THE SAW

# Pilates At Home Latest

**Tao Wei**



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september 20 2023 oleh sania majida anda sedang mencari insiprasi pantun penutup acara yang menarik berkesan dan lucu simak dan temukan contohnya di artikel ini dalam suatu kegiatan formal ataupun informal penutupan acara sama pentingnya

dengan pembukaan acara

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