



## 5 minute Beginners' Pilates

1. Hip Rolls



2. Pelvic Tilts



3. Spine Curls



4. Single Knee Folds



5. Prone Single Leg Lift



6. Baby Cobra



7. Back Rest



Try to do this routine every day if you can.  
For more details about each posture, visit  
[www.pilatesbyphilippa.com](http://www.pilatesbyphilippa.com)

# Simple Pilates For Beginners Usa For Workers 36995

**B Lingard**



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