

# 15 MINUTE PILATES

..... *for beginners* .....



**GLUTE BRIDGE x 15 reps**



**AB CRUNCH x 15 reps**



**LYING LEG EXT x 15 reps**



**LYING WINDSHEILD WIPER x 15 reps**



**SIDE LYING LEG ABDUCTION x 15 reps**



**SIDE LYING LEG ADDUCTION x 15 reps**



**SIDE LYING LEG ABDUCTION x 15 reps**



other side



**SIDE LYING LEG ADDUCTION x 15 reps**



other side



**BACK EXTENSION x 15 reps**



**GOAL POST LIFTS x 15 reps**



# Simple Pilates For Beginners For Beginners For Students

**Wenbin Ji**



**Simple Pilates For Beginners For Beginners For Students:**

Eventually, you will agreed discover a supplementary experience and expertise by spending more cash. still when? get you endure that you require to get those all needs later than having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more on the order of the globe, experience, some places, later history, amusement, and a lot more?

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