

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



Best Pilates For Beginners For Moms 29442

Frederick G Sanderson



Best Pilates For Beginners For Moms 29442:

Wall Pilates Workouts for Busy Moms Frederick G Sanderson,2024-06-05 In the whirlwind of motherhood finding time for yourself can feel impossible Wall Pilates Workouts for Busy Moms is a key to unlocking a healthier stronger you right in the comfort of your own home Designed specifically for dynamic lives of a busy moms This book offers a quick effective workouts that harness the power of wall based Pilates exercises Imagine transforming everyday moments into powerful fitness sessions that rejuvenate your body and mind With clear instructions expert tips and adaptable routines you will discover how seamlessly integrate these workouts into your daily routine no matter what how hectic it gets Feel the burn see the results and enjoy the journey It is time to prioritize your wellbeing without sacrificing precious time your family Dive into Wall Pilates Workouts for Busy Moms and start your transformation today Grab your copy now and step into a healthier more balanced life

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