

# BEGINNER WORKOUT PLAN

## 8 PILATES EXERCISES

### 10-MINUTE WORKOUT

#### WARM-UP



SIDE LEG LUNGES  
10 REPS/SIDE



HORIZONTAL LEG RISES  
10/12 REPS/SIDE



VERTICAL LEG RISES  
20 REPS



GLUTE BRIDGE  
20 REPS



SUPERHERO  
15 REPS



SIMPLE CRUNCHES  
15 REPS



FORWARD LUNGES  
10 REPS/SIDE



LEG BICYCLES  
60 SECONDS

#### COOL DOWN

FOR COMPLETE EXERCISE INSTRUCTIONS SEE THE FULL PILATES WORKOUT PLAN.



# Ultimate Pilates For Beginners Step Plan For Workers

**SA Adler**



## **Ultimate Pilates For Beginners Step Plan For Workers:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Ultimate Pilates For Beginners Step Plan For Workers** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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