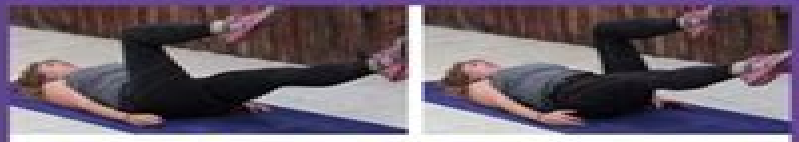
15 MINUTE PILATES *for beginners*

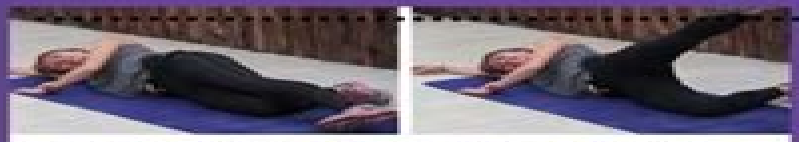
GLUTE BRIDGE x 15 reps

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

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James Augustus Henry Murray

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