

# 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 Way To Pilates For Beginners Usa For Students

**M Woodhall**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side of the bar.

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web rien dans l histoire n a ressemblé à ce quart d heure écrira victor hugo à propos de l épopée des cent jours mais comment fut elle rendue possible pourquoi l île d elbe ne fut pas cette île du repos promis à napoléon À la suite du hors série

consacré à la campagne de 1814 cet

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door kosten te besparen we attempt to reduce the loss by saving costs

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