

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 Step Plan For Students

Siddappa N.Byrareddy



Simple Pilates For Beginners Step Plan For Students:

Whispering the Secrets of Language: An Emotional Quest through **Simple Pilates For Beginners Step Plan For Students**

In a digitally-driven world where displays reign supreme and quick transmission drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently get unheard. Yet, located within the pages of **Simple Pilates For Beginners Step Plan For Students** a fascinating fictional prize pulsating with fresh feelings, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, this wonderful opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the psychological depths of this touching evaluation, we can embark upon a heartfelt exploration of the book is core styles, dissect its fascinating writing design, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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