

# 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.



# Beginner Friendly Pilates For Beginners Step Plan For Experts

**G Orfield**



**Beginner Friendly Pilates For Beginners Step Plan For Experts:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, **Beginner Friendly Pilates For Beginners Step Plan For Experts** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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### Beginner Friendly Pilates For Beginners Step Plan For Experts Introduction

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