



## 5 minute Beginners' Pilates

1. Hip Rolls



2. Pelvic Tilts



3. Spine Curls



4. Single Knee Folds



5. Prone Single Leg Lift



6. Baby Cobra



7. Back Rest



Try to do this routine every day if you can.  
For more details about each posture, visit  
[www.pilatesbyphilippa.com](http://www.pilatesbyphilippa.com)

# How To Use Pilates For Beginners Tips

**Yan Bai**



## **How To Use Pilates For Beginners Tips:**

Discover tales of courage and bravery in its empowering ebook, **How To Use Pilates For Beginners Tips** . In a downloadable PDF format (\*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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