

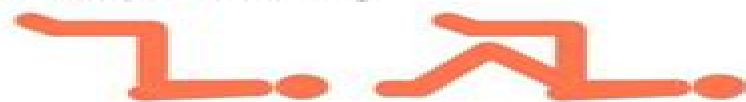
GET STARTED WITH PILATES

WEEK 1

Finding neutral



Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



WEEK 2

Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



Shoulder bridge x5



WEEK 3

Toe taps 10 each leg



Shoulder bridge x5



Single leg stretch x 12 each leg



Spine twist 8 each way



WEEK 4

Shoulder bridge x 8



Single leg stretch x 15 each leg



Spine twist 10 each way



Rolling like a ball x 10



INSTRUCTIONS & PRINTABLE
AT MY FITNESS PLANNER

Pilates At Home Math Worksheet Guide

Olive Sara

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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