

20-MINUTE MAT PILATES WORKOUT



Perform 3 rounds of the following circuit.

1. STANDING ROLL-DOWN	5 reps
2. DYNAMIC CORE PLANK SERIES	15 reps per leg
3. THIGH STRETCH	10 reps
4. KNEELING SIDE KICK	20 reps per leg
5. DOUBLE-LEG STRETCH	10 to 15 reps
6. SCISSORS	10 reps per leg
7. HUNDRED	10 breath cycles
8. SIDE TEASER	5 reps per side
9. SWAN	5 to 8 reps
10. SIDE LEG SERIES	10 reps and 15 circles
11. ROLL-UP	5 reps

Weekly Ad Pilates At Home Top

Tao Wei



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Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Weekly Ad Pilates At Home Top** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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