

# 6 SIMPLE AT HOME PILATES EXERCISES



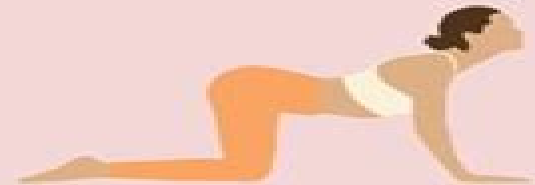
1. WARM-UP:  
PILATES  
BREATHING



2. PILATES  
BRIDGE



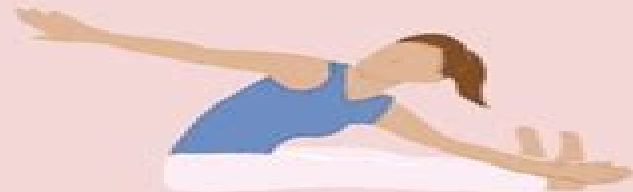
4. PLANK



3. CAT-COW



5. THE  
HUNDRED



6. THE SAW

# Pilates At Home Yoga For Beginners How To

**WJ Hussar**



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