

HIITilates

New Year Slimdown Workout

1. Skaters 1min



2. Hollow Rock x20



3. Mat Get Up
x15
ea side



4. Shuffle To Burpee
x15



5. Butt Ups x8



6. Single Knee Plank 10sec
ea side



7. Star Teaser x5



8. Heel Bridge Pulse x20



9. Single Leg Heel Bridge
x20 pulses
ea side



10. Squat Jumps x25



11. Plie Squat
-hold
40sec
-pulse
20sec



12. Plank Walk-Outs x10



blogilates

Sight Words List Pilates At Home How To

D Keegan



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