

At-Home Pilates Workout Plan

1



2



Single Leg Stretch
10 reps x 3 sets

Double Leg Stretch
10 reps x 3 sets

3



4



Hundreds
10 reps x 3 sets

Roll ups
6 reps x 3 sets

5



6



Glute Bridge
12 reps x 3 sets

Push ups
10 reps x 3 sets

JUSTFIT!

Weekly Ad Pilates At Home Tips

Clifford Lane

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