

# GET STARTED WITH PILATES

## WEEK 1

Finding neutral



Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



## WEEK 3

Toe taps 10 each leg



Shoulder bridge x5



Single leg stretch x 12 each leg



Spine twist 8 each way



## WEEK 2

Toe taps 10 each leg



Ab hollowing 5 x 5 seconds



Shoulder bridge x5



## WEEK 4

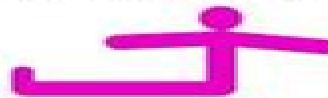
Shoulder bridge x 8



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 This Week Sign In

**Sabine Zange**

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**the Needle** Joe Sweeney,Mike Yorkey,2014-10-28 A detailed system that will help you achieve your professional and personal goals Moving the Needle provides both the kick in the pants and the game plan many of us need to break out of the rut and get moving to achieve our goals CEOs vice presidents professionals military personnel and even college students frequently express frustration at the entrenched status quo in which initiating progress feels like moving mountains This book lights a path toward continual improvement helping readers first find a direction then make the key transitions that jumpstart forward progress This highly practical guide outlines a change process that can be applied to professional or personal goals giving readers a concrete plan for making big things happen Rather than blindly shooting for the moon readers will formulate a solid systematic actionable plan that can only result in progress In today s tenuous business climate employers and employees alike can be glued to the ground unsure of the path they should take or whether they have the freedom to move forward Moving the Needle helps readers clarify their current position identify their optimum position and formulate a workable strategy for getting from here to there Find what moving forward means for your career and life Shake off the doldrums of routine and establish a culture of innovation Improve performance on a consistent basis at every level Break the inertia and get moving in the right direction Stagnation is diametrically opposed to progress Moving forward requires a vision a plan and the impetus to get things done Those who sense that big things can happen need to get clear get free and start Moving the Needle     **Indianapolis Monthly** ,2006-05 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape     Cue ,1975     New York ,2008-05     **Ebony** ,2005-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African

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**Elle** ,1998-04    Youth's Companion ,1899    *The Publishers Weekly* ,2005    **Sophie From Romania** Rory

Cellan-Jones,2024-10-10 Fills my heart with so much joy Niall Harbison bestselling author of Tina In a dark time a daily dose of hope Jojo Moyes How do you welcome someone new into your heart and home A week before Christmas newly retired BBC journalist Rory Cellan Jones receives a special delivery that will change his life This is the story of rescue dog SophieFromRomania In January 2022 the Cellan Jones Coyle family said goodbye to their beloved elderly Collie cross Cabbage She and Rory had become inseparable during daily pandemic walks which alleviated his Parkinson s symptoms

After a grief stricken year Rory and his wife Diane come across a listing for a kind girl who loves everybody and is just looking for her forever home Bright eyed big eared and trembling Sophie arrives in London on 17 December 2022 Rory holds the Romanian rescue in his arms excited for their first walk together but the road ahead will be a long one This book follows the real journey of Sophie s adoption from her battles with anxiety to the joys of play and her first time outside as Rory and Diane work with expert dog trainer Si to win Sophie s trust and navigate Rory s Parkinson s disease This is a moving story of love kindness and a lot of patience paying tribute to rescue dogs and their tender community    **The Computer Handbook**

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