

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

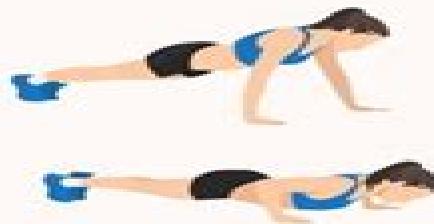
Roll ups
6 reps x 3 sets

5



Glute Bridge
12 reps x 3 sets

6



Push ups
10 reps x 3 sets

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Yi-Tong Ma

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