

# *At-Home Pilates* **Workout Plan**

1



**Single Leg Stretch**  
10 reps x 3 sets

2



**Double Leg Stretch**  
10 reps x 3 sets

3



**Hundreds**  
10 reps x 3 sets

4



**Roll ups**  
6 reps x 3 sets

5



**Glute Bridge**  
12 reps x 3 sets

6



**Push ups**  
10 reps x 3 sets

**JUSTFIT!**

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**Yi-Tong Ma**

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