

6 SIMPLE AT HOME PILATES EXERCISES



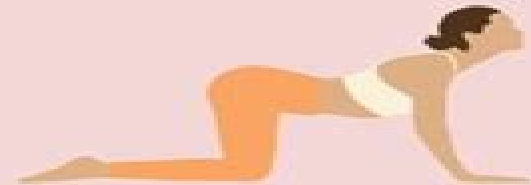
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PILATES
BREATHING



2. PILATES
BRIDGE



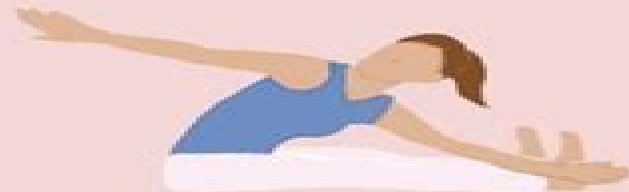
4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

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Léo Pomar

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