

6 SIMPLE AT HOME PILATES EXERCISES



1. WARM-UP:
PILATES
BREATHING



2. PILATES
BRIDGE



4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

Pilates At Home Latest

Anne Charlish, Kim Davies

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web 1 route an insulated three conductor thermostat cable or similar from the appliance control box to the outlet box leaving about six inches protruding 2 route the wiring through the opening in the wall control mounting plate screw the mounting plate to the outlet box 3 connect the wires to the terminals as per the wiring connection

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web use a pencil to mark the mounting holes 3 remove the wall plate from the wall and drill two holes in the wall as marked gently tap anchors provided into the drilled holes until flush with the wall 4 position the wall plate over the holes pulling wires through the wiring opening see fig 5 5

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web electrical connections should be done by a qualified electrician so that all electrical wiring will conform to your local codes 3 always turn off power and unplug motor and pump inside the cooler before installing or performing any maintenance

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