

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!

Walking Workout Pilates At Home Price

**Ed Young,Jo Beth Young,Michael
Duncan,Richard Leachman**



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web the games for blends and digraphs in level 1 compare a single consonant sound such as f to a blend or digraph that contains that same consonant sound such as fl or fr this is how the authors of words their way introduce blends and digraphs in their letter name alphabet spellers supplement book which i think is brilliant