

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!

Pilates At Home How To Promo

David Haber



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interest for singers such as cabaret and performing commercial jingles opportunities for stand up comics and other solo performers sources of income such as voice overs that can develop into lucrative careers and employment at theme parks in museums and on cruise ships These performance fields some of them explored here for the first time in any book are examined in essays originally prepared for the performance arts weekly Back Stage In each essay show biz experts share their knowledge on how to find a break and nurture a career with confidence Their advice is supplemented by resource listings of names addresses and phone numbers of agents managers union offices and producing organizations the people who hire promote and foster the careers of performers There is even advice on how talented people can avoid being taken advantage of in the rough and tumble business side of the performing arts

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