

# At-Home Pilates Workout Plan

1



2



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

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

3



4



**Hundreds**  
10 reps x 3 sets

**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 Cyber Week Last 90 Days

**Kotb**

## **Pilates At Home Cyber Week Last 90 Days:**

**Los Angeles Magazine** ,2000-07 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

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