

# 6 SIMPLE AT HOME PILATES EXERCISES



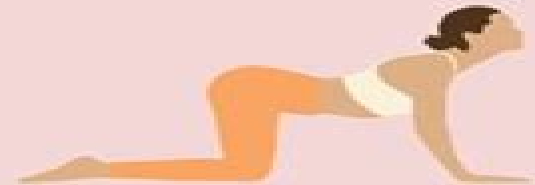
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PILATES  
BREATHING



2. PILATES  
BRIDGE



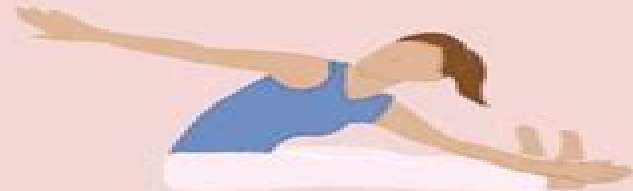
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**Beth Brown, Bruce Presley, Elaine  
Malfas**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the light blue bar.

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