

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 This Week

CH Cherryholmes

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Pilates At Home This Week:

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