

6 SIMPLE AT HOME PILATES EXERCISES



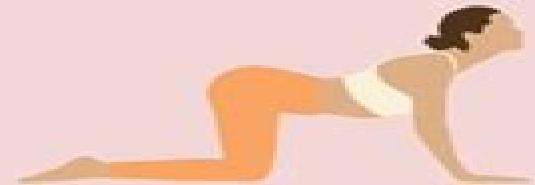
1. WARM-UP:
PILATES
BREATHING



2. PILATES
BRIDGE



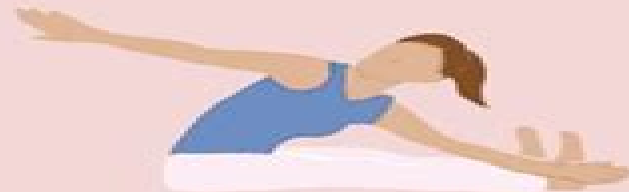
4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

Pilates At Home This Month

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Back Pain: Recent Advances and Perspectives Robert J. Gatchel,2018-04-27 This book is a printed edition of the Special Issue Low Back Pain Recent Advances And Perspectives that was published in Healthcare Demorests' Monthly Magazine

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