

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

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S Ben Porath

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Chase's Calendar of Events 2005 Editors of Chase's, 2004-09-30 The definitive guide to all holidays and anniversaries Wall Street Journal In its diversity and inclusiveness Chase's is an exhaustive guide to the country's ideals and passions Washington Post For almost 50 years Chase's Calendar of Events has been the most trusted and comprehensive reference to just what's going on today Whether it's an important historical anniversary the phases of the moon a sports event the birthday of a favorite celebrity a festival or much much more Chase's has all the answers This indispensable resource is perfect for people who need to be in the know such as Event planners Broadcasters Librarians Advertisers and others Whether it's Valentine's Day February 14 or National Underwear Day August 13 American Heart Month February or International Accordian Awareness Month June Chase's covers traditional and whimsical observances of all kinds holidays anniversaries sporting events astronomical phenomena and more In all it has more than 12 000 entries There is never a

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