

20-MINUTE MAT PILATES WORKOUT



Perform 3 rounds of the following circuit.

1. STANDING ROLL-DOWN	5 reps
2. DYNAMIC CORE PLANK SERIES	15 reps per leg
3. THIGH STRETCH	10 reps
4. KNEELING SIDE KICK	20 reps per leg
5. DOUBLE-LEG STRETCH	10 to 15 reps
6. SCISSORS	10 reps per leg
7. HUNDRED	10 breath cycles
8. SIDE TEASER	5 reps per side
9. SWAN	5 to 8 reps
10. SIDE LEG SERIES	10 reps and 15 circles
11. ROLL-UP	5 reps

Pilates At Home Disney Plus This Week

Thirumalaisamy P.
Velavancorresponding

Pilates At Home Disney Plus This Week:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Pilates At Home Disney Plus This Week** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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