

20-MINUTE MAT PILATES WORKOUT

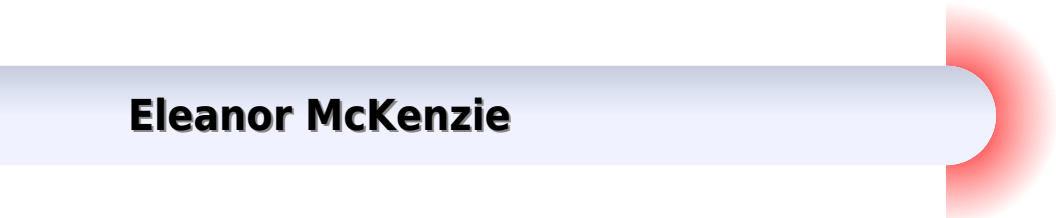


Perform 3 rounds of the following circuit.

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 Math Worksheet Ideas

Eleanor McKenzie



Pilates At Home Math Worksheet Ideas:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Pilates At Home Math Worksheet Ideas**. This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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