

# 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 Tricks

**Albert A Gayle**



## **Pilates At Home Tricks:**

**Trick 17 kompakt - Homeoffice** Ielyzaveta Weinrank,2022-02-14 Du bist im Homeoffice noch nicht 100% effektiv Lisa von Mamakreativ hilft dir dabei dein Homeoffice zu meistern Kabelsalat ist der einzige Salat den du diese Woche hattest Dann muss schnell eine gesunde kleckerfreie Alternative her und nebenbei kannst du dem Kabelwirrwarr auch noch so ganz nebenbei den Garaus machen Ob Organisation Technikkram oder Wohlbefinden Mit diesen cleveren und lustigen Hacks behältst du immer die volle Kontrolle

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