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# Pilates At Home Openai This Month

**Lena Hollmann**



### **Pilates At Home Openai This Month:**

**Tone your Body** Lena Hollmann, 2023-12-13 Mit Pilates zu mehr Fitness Kraft und Beweglichkeit einfach und ohne Geräte In ihrem ersten Buch zeigt Lena Hollmann auf Instagram und YouTube bekannt als Lena's Health Lab über 50 Übungen mit denen man die eigenen vier Wände in ein persönliches Pilates Studio verwandeln kann Dafür braucht es nämlich nicht mehr als eine Matte einen Stuhl einen Tisch oder mal ein Handtuch oder eine Wasserflasche Dazu gibt es interessante Infos zu den einzelnen Übungen welche Muskeln werden beansprucht sowie Tipps und Antworten auf die häufigsten Fragen aus Lenas Online Community was wenn es bei einer Übung zwackt und fertige Workoutpläne damit du sofort loslegen kannst Also Zieh deine Socken aus leg deine Matte hin auf geht's

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