
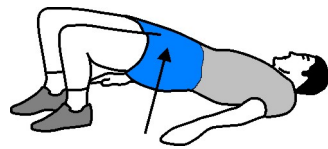
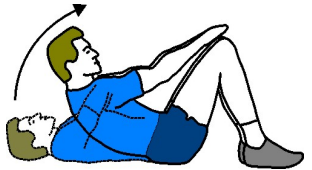
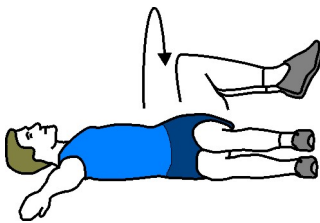
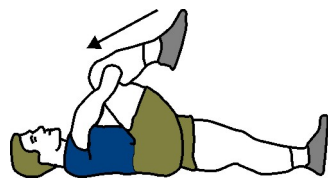

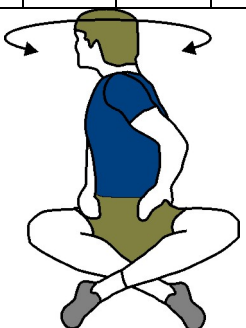
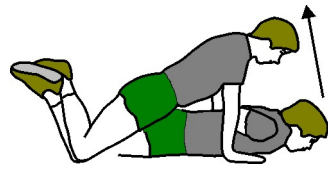



Name : Pilates Workout

Date : April 22, 2020

Program :

Number 1

					100's						Bridge /Butt Lift						Ab Curl
Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight			
1-2	100				1-2	10				1-2	10						
					Hip rolls side to side						Front Knee Crunch Curl						Full Roll Up
Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	Weight			
1-2	10ea	2:2	10s		1-2	10ea				1-2	10						
					Core Twist						Kneeling Push Up						Shoulder SAG
Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result			
1-2	10ea				1-2	10				1-2	10sec						

Be creative and use equipment that you might have at home.