

Name : Pilates Workout

Date : April 22, 2020 Program : Number 1

100's April 22, 2020 Program : Number 1

				100's				53	Bridge /Butt Lift	65.				Ab Curl
Set 1-2	Rep 100	Tempo	Rest	Weight	Set 1-2	Rep 10	Tempo	Rest	Weight	Set 1-2	Rep 10	Tempo	Rest	Weight
				11:					Front	0		N 34		Full
الرقيماء				Hip rolls side to side				Л	Knee Crunch Curl		West of the second			Roll Up
Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	Weight
1-2	10ea	2:2	10s	Weight	1-2	10ea	Теттро	Kest	Weight	1-2	10	Теттро	Rest	Weight
	-6			Core					Kneeling					Shoulder
				Twist		\		3	Push Up					SAG
	S S				7									
Set 1-2	Rep 10ea	Tempo	Rest	Result	Set 1-2	Rep 10	Tempo	Rest	Result	Set 1-2	Rep 10sec	Тетро	Rest	Result

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