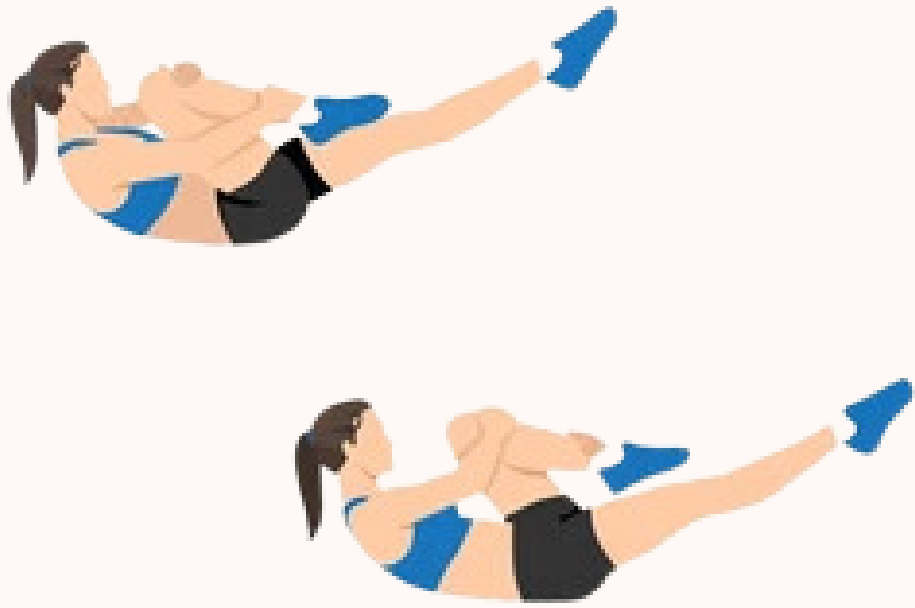


# At-Home Pilates

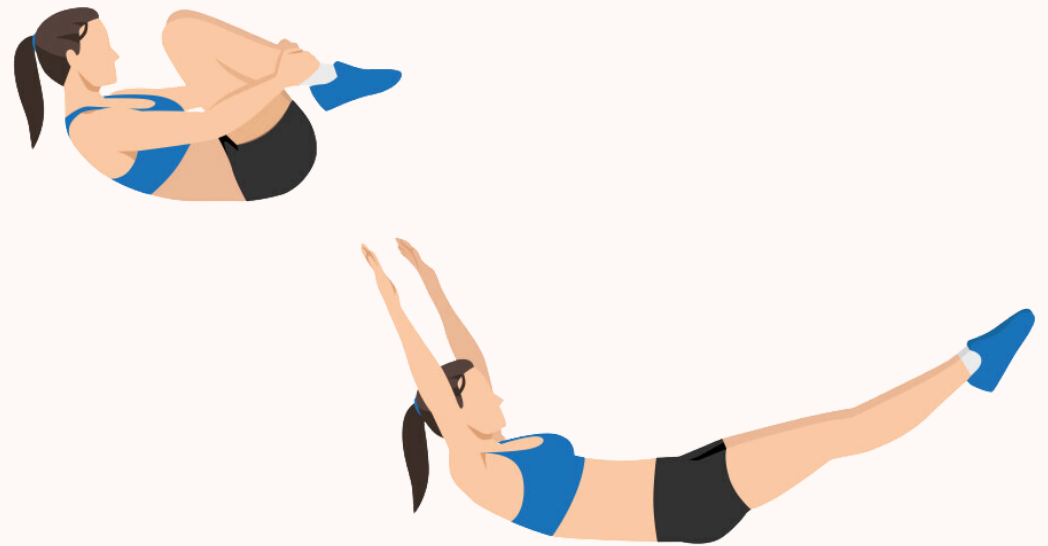
## Workout Plan

1



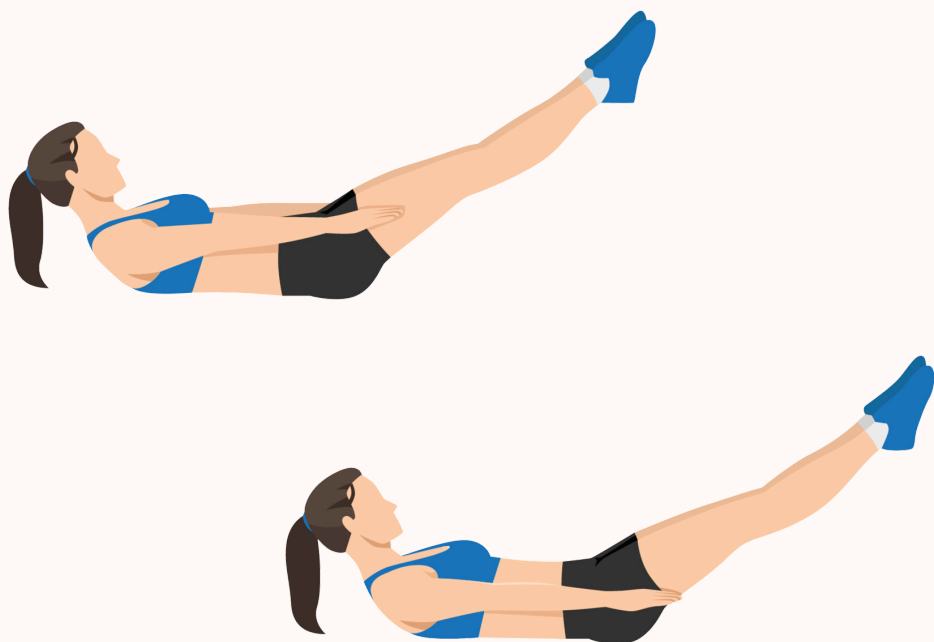
**Single Leg Stretch**  
10 reps x 3 sets

2



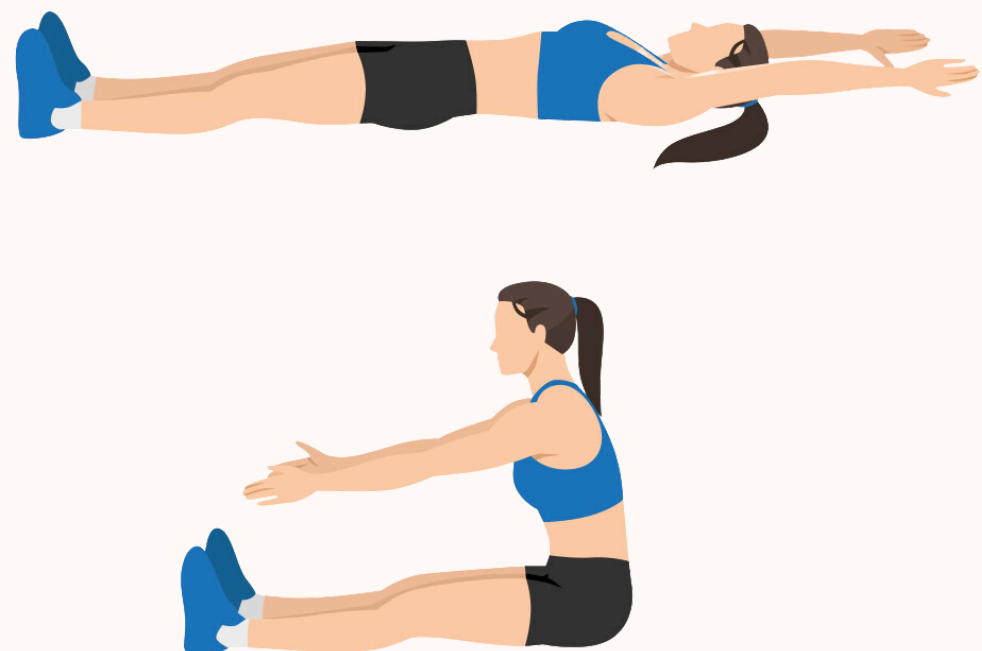
**Double Leg Stretch**  
10 reps x 3 sets

3



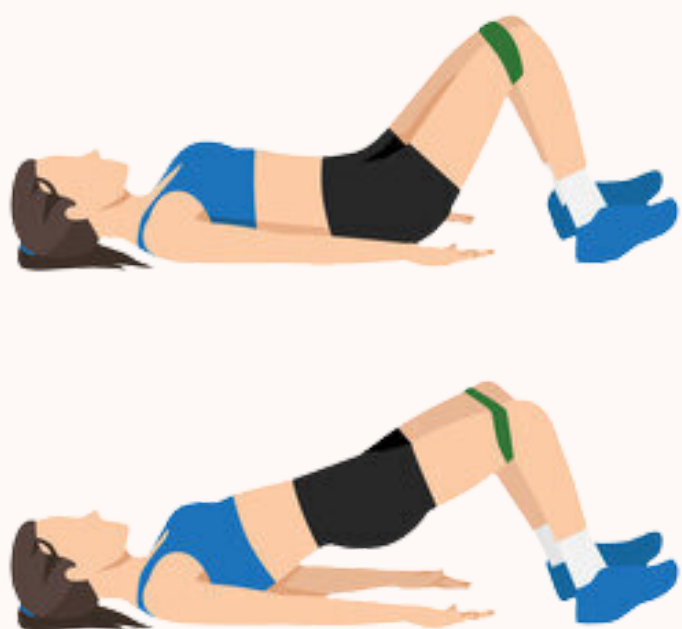
**Hundreds**  
10 reps x 3 sets

4



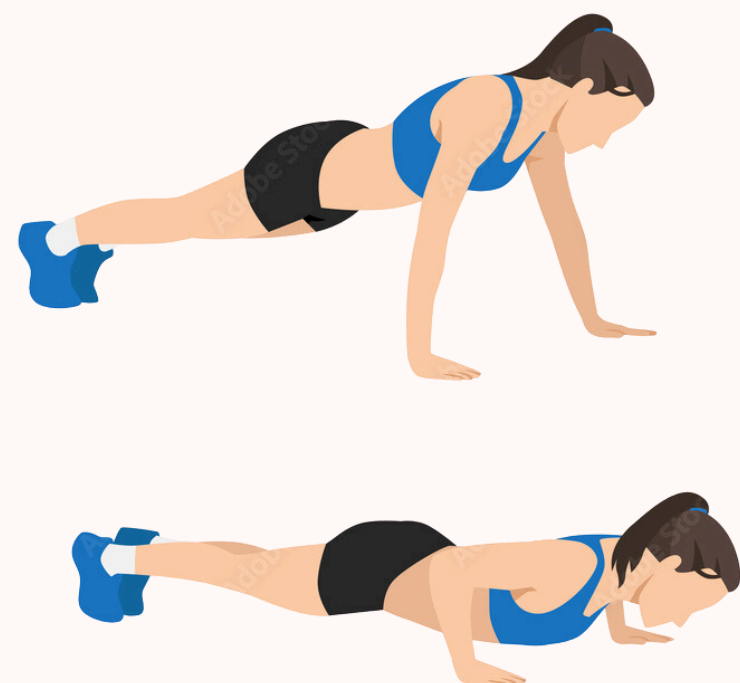
**Roll ups**  
6 reps x 3 sets

5



**Glute Bridge**  
12 reps x 3 sets

6



**Push ups**  
10 reps x 3 sets