

## Standing Pilates for Beginners

Standing The Hundred	100
Standing Leg Lift	10 sets
Standing Wall Push Ups	10x
Standing Stretch	3x
Single Leg Circles	5x
90 Degrees	
-Front	5x
-Side	5x
Bicep Curls	5x
Side Bends	2 sets
Zip Ups	5x
Chest Expansion	3x
Running	
Stand Grabbing Towel with Toes	2 sets
Spider Crawl	1x
Reverse Wall	5x
Arm Circles	5 each way
Skiing	9x