

10 Minute Beginner Pilates Workout

Half Roll Down	4x
The Hundred	30
Single Leg Circles	4x
Rolling Like a Ball	5x
Single Leg Stretch	8 sets
Double Leg Stretch	5x
Spine Stretch Forward	3x
Saw	4 sets
1 Leg Teaser	2 sets
Teaser 1	3x