

# Pilates workout voor thuis

1. Pilates exercise luchtfietsen

30 seconden



2. Pilates exercise knieën naar de borst

15 x



3. Pilates exercise russian twist

20 x



4. Pilates exercise crunch and hold

10 x



5. Pilates exercise benen optillen

10 x L/R



6. Pilates exercise back extension

10 x



7. Pilates exercise bekken liften

15 x



8. Pilates exercise spine twist

10 x L/R

