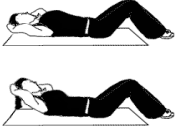




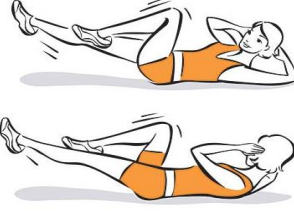




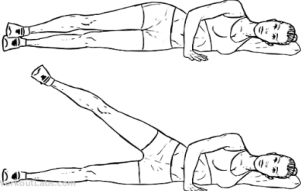



HOME EXERCISE PRGOGRAMME

Description:	Abs and leg pilates mat exercises
Trainer name:	Benine
Date:	April 1, 2020

PILATES			
ABS			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Basic crunches	2	12	
Crunch Legs 90°	2	12	
Side crunches	1	10	
Oblique Crunches	1	10	
Reverse Cruches	2	10	
Bicycle Crunches	2	12	
Seated Twist	2	10	

Plank	1	30sec	
Pilates Roll Up	1	8	
LEGS			
Kneeling Kick Back	2	12	
Side Lying Leg lifts	2	12	
Side Lying Inner Thigh Leg Lift	2	12	
Hip Bridges	2	15	