



# WORKOUT CATALOGUE

GROUP WORKOUT GUIDE

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*Pilates*



# PILATES

# WORKOUT SERIES

Pilates

## GROUP WORKOUT GUIDE

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We hope these templates inspire your next great session! Before you start copying and customizing, please review the important **Usage Guide** and **Liability Disclaimer** located at the end of this document.

### MAT

01. Full Body
02. Lower
03. Upper
04. Core
05. Glutes



### REFORMER

01. Full Body
02. Dumbbells
03. Box
04. Ball
05. Ring



# MAT PILATES

## MAT PILATES

A mind-body exercise system developed by Joseph Pilates that focuses on core strength, flexibility, and controlled movements to enhance overall physical fitness and well-being.

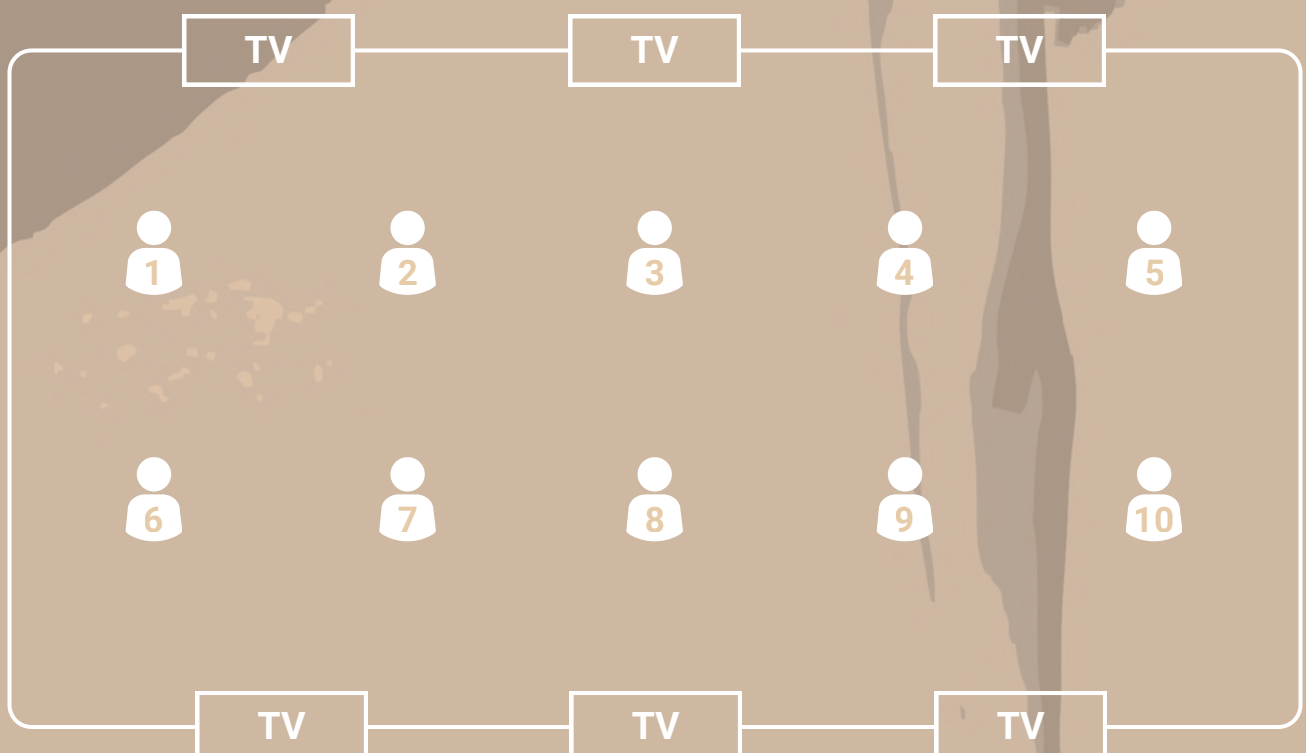
### NOTES

- Full Body
- Dynamic Flow
- Ball + Dumbbell + Ring
- Suitable for all levels
- 40 - 45 mins

## FLOW

### Mat Pilates Template

<a href="#">Mat 001</a>	<a href="#">Mat 011</a>	<a href="#">Mat 021</a>
<a href="#">Mat 002</a>	<a href="#">Mat 012</a>	<a href="#">Mat 022</a>
<a href="#">Mat 003</a>	<a href="#">Mat 013</a>	<a href="#">Mat 023</a>
<a href="#">Mat 004</a>	<a href="#">Mat 014</a>	<a href="#">Mat 024</a>
<a href="#">Mat 005</a>	<a href="#">Mat 015</a>	<a href="#">Mat 025</a>
<a href="#">Mat 006</a>	<a href="#">Mat 016</a>	<a href="#">Mat 026</a>
<a href="#">Mat 007</a>	<a href="#">Mat 017</a>	<a href="#">Mat 027</a>
<a href="#">Mat 008</a>	<a href="#">Mat 018</a>	<a href="#">Mat 028</a>
<a href="#">Mat 009</a>	<a href="#">Mat 019</a>	<a href="#">Mat 029</a>
<a href="#">Mat 010</a>	<a href="#">Mat 020</a>	<a href="#">Mat 030</a>



# REFORMER PILATES

## REFORMER PILATES

A mind-body exercise system developed by Joseph Pilates that focuses on core strength, flexibility, and controlled movements to enhance overall physical fitness and well-being.

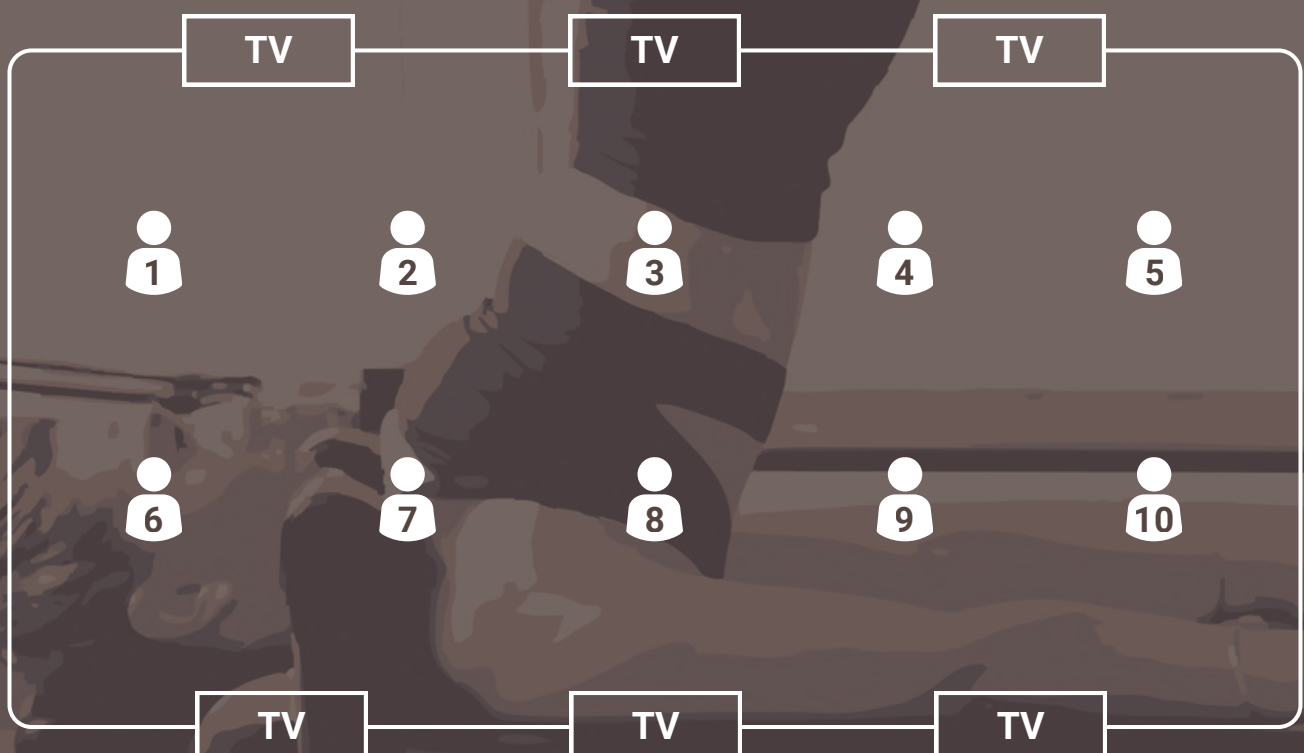
### NOTES

- Full Body
- Dynamic Flow
- Ball + Box + Dumbbell + Ring
- Suitable for all levels
- 30 - 40 mins

## FLOW

### Reformer Pilates Template

<u>Reformer 001</u>	<u>Reformer 011</u>
<u>Reformer 002</u>	<u>Reformer 012</u>
<u>Reformer 003</u>	<u>Reformer 013</u>
<u>Reformer 004</u>	<u>Reformer 014</u>
<u>Reformer 005</u>	<u>Reformer 015</u>
<u>Reformer 006</u>	<u>Reformer 016</u>
<u>Reformer 007</u>	<u>Reformer 017</u>
<u>Reformer 008</u>	<u>Reformer 018</u>
<u>Reformer 009</u>	<u>Reformer 019</u>
<u>Reformer 010</u>	<u>Reformer 020</u>



# DISCLAIMER

## GROUP WORKOUT GUIDE

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