LISA HUBBARD on openfit

Beginner Pilates with Lisa

I'll teach you mat Pilates in 3 short weeks! Check off the workouts as you go! Rate how great you feel! ⭐

Take your before photo!

01 ☐ PILATES FUNDAMENTALS 1 ⭐⭐⭐⭐⭐	02 ☐ PILATES FUNDAMENTALS 2 ⭐⭐⭐⭐⭐	03 ☐ PILATES FUNDAMENTALS 1 ⭐⭐⭐⭐⭐	04 ☐ PILATES FUNDAMENTALS 2 ⭐⭐⭐⭐⭐	05 ☐ HIPS, BUNS, AND THIGHS ⭐⭐⭐⭐⭐	06 ☐ ABS & CORE ⭐⭐⭐⭐⭐	07 ☐ REST ⭐⭐⭐⭐⭐
08 ☐ PILATES FLOW 1 ⭐⭐⭐⭐⭐	09 ☐ PILATES FLOW 2 ⭐⭐⭐⭐⭐	10 ☐ PILATES FLOW 1 ⭐⭐⭐⭐⭐	11 ☐ PILATES FLOW 2 ⭐⭐⭐⭐⭐	12 ☐ HIPS, BUNS, AND THIGHS ⭐⭐⭐⭐⭐	13 ☐ ABS & CORE ⭐⭐⭐⭐⭐	14 ☐ REST ⭐⭐⭐⭐⭐
15 ☐ PILATES BURN 1 ⭐⭐⭐⭐⭐	16 ☐ PILATES BURN 2 ⭐⭐⭐⭐⭐	17 ☐ PILATES BURN 1 ⭐⭐⭐⭐⭐	18 ☐ PILATES BURN 2 ⭐⭐⭐⭐⭐	19 ☐ HIPS, BUNS, AND THIGHS ⭐⭐⭐⭐⭐	20 ☐ ABS & CORE ⭐⭐⭐⭐⭐	21 ☐ REST ⭐⭐⭐⭐⭐

Take your after photo!

Be sure to join me in the Teammates Facebook group to share your experience and results with me!

Facebook.com/groups/OpenfitTeammates #WeAreOpenfit @MyOpenfit

openfit

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

© 2021 Openfit, LLC. All rights reserved. Openfit, LLC is the owner of the Openfit trademark, and all related designs, trademarks, copyrights, and other intellectual property.