

11:00

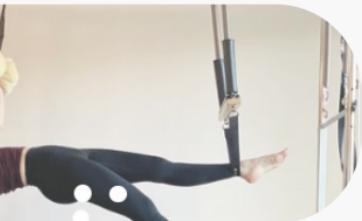


# Good Morning, Aleksandra!

What would you like to do today?

## Pilates for better life

See all



## My favourites

See all



11:00



PILATES



## Welcome To Your Pilates Progress

Comprehensive knowledge about the practice of Pilates exercises, get a rich and wonderful Pilates experience!

[Get started](#)

Already have an account? [Log in](#)

11:00



# Good Morning, Aleksandra!

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11:00



# Log In

Welcome back!



## Pilates Progress

Email

Password

[Don't remember your password?](#)

[Sign In](#)

[Sign Up](#)

11:00



# Sign Up

Create your account



## Pilates Progress

Name

Email

Password

Password confirm

Sign Up

11:00



# Reset Password

Enter the email address associated with your account.

Email

Send

Don't work? [Try another way](#)



Pilates Progress

11:00



Aleksandra Smith

Advanced

My achievements

see my budges



Goals completed

see all >



In Progress

see all >



My Favourites

see all >



11:00



# Statistics

Day

Week

Month

Year



1/12/22 to 31/12/22



11K

6K

0

S

M

T

W

T

F

S

## Average

13/21 to 6/19/21  
57,240 steps

6/6/21 to 6/12/22  
51,301 steps



11:00



# Choose the program



On Studio Equipment



On Mat



# Choose the level



Beginners



Intermediate



Advanced





# Training



Description of the training:

From a supine position (lying on your back) with bent knees, press your feet into the floor and lift your hips. Initially, you can hold the positions to build isometric strength. Over time, lift on the exhalation and lower your hips on the inhalation.

Done

