

BEGINNER PILATES

A woman with blonde hair, wearing a light blue tank top and shorts, is sitting on a grey mat on a wooden floor. She is leaning her back against a white wall. Her legs are bent at a 90-degree angle, and her feet are flat on the floor. She is holding a large green plant stem with both hands, extending her arms forward. The room is bright, with a window in the background showing a view of the outdoors. There are several potted plants on a windowsill behind her. The overall atmosphere is clean and bright.

15 MIN

WALL PILATES

NO EQUIPMENT

Advanced Pilates For Beginners Full Tutorial

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