

BEGINNER PILATES

A woman in a bright pink leotard is performing a wall pilates exercise. She is lying on her back on a pink mat on the floor, with her feet propped up against a light-colored wall. Her legs are bent at the knees and raised vertically. The room has a surfboard leaning against the wall behind her, a window to the right, and some decorative items on the wall.

10 MIN

WALL PILATES

Pro Pilates For Beginners Usa 1941 40605

SJ Ball



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