

# 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 arms are extended forward, holding a large green plant. The room is bright, with a window in the background showing a view of the outdoors. There are several potted plants on a windowsill.

15 MIN

WALL PILATES

NO EQUIPMENT

# Quick Pilates For Beginners Full Tutorial For Experts

**Jicheng Xie**



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