

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 behind her.

15 MIN

WALL PILATES

NO EQUIPMENT

Pro Pilates For Beginners Full Tutorial For Experts

Zhe Xu

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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