

A woman with blonde hair, wearing a white tank top and black leggings, is sitting on a white chair on a purple mat. She is holding a black dumbbell with both hands in front of her chest. She is smiling and looking at the camera. The room has large windows with white frames and blinds. A potted plant is visible to the left of the woman. The floor is made of light-colored wood.

PILATES & STRENGTH 4

Pilates At Home Latest Tutorial

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