

BEGINNER PILATES

A woman with blonde hair, wearing a blue Pilates mat, is performing a wall exercise. She is sitting on the floor, leaning her back against a white wall, with her knees bent and feet flat on the floor. She is holding a green plant in front of her, with her arms extended forward, reaching towards the plant. The background shows a bright room with a window and some potted plants.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home Discount Tutorial

**James J. Townsend, Dmitri Riz, Deon
Schaffer**



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