

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 stem with both hands, extending her arms forward. The background shows a bright room with a window and some potted plants.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home How To Tutorial

ML Morrison

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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