

BEGINNER PILATES

A woman with long blonde hair, wearing a white tank top and white leggings, is lying on her back on a yellow mat. Her legs are raised and bent at the knees, with her feet flat against a white wall. She is looking up at the wall. In the background, there is a large green plant in a white pot and a window with white frames. The room has light-colored walls and a dark wooden floor.

10 MIN

WALL PILATES

Romantasy S Pilates At Home How To

Michael Hoelscher



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