

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. Her legs are bent at a 90-degree angle, and her feet are flat on the floor. She is holding a green plant stem with both hands, extending her arms forward. The background shows a white wall, a window with a grid pattern, and a wooden shelf with various plants.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home This Month Tutorial

Tobias Bleicker



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