

BEGINNER PILATES

A woman with blonde hair, wearing a light blue leotard, is performing a Pilates exercise against a white wall. She is in a seated position with her back against the wall, knees bent, and feet flat on the floor. She is holding a large green plant stem with both hands, extending her arms forward. The background includes a window with a white frame and a small shelf with several potted plants.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home Discount Tutorial

Lauri Ann Stricker

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

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