

A woman with blonde hair, wearing a white tank top and black leggings, is sitting on a white chair on a purple mat. She is holding a pair of black dumbbells with both hands, positioned in front of her chest. She is smiling at the camera. The setting is a bright room with large windows and a potted plant to the left.

PILATES & STRENGTH 4

Pilates At Home Latest Tutorial

Daniela Niemeyer



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