

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 to the wall, knees bent, and feet flat on the floor. Her arms are extended forward, holding onto a large green plant. The background includes a window with a white frame and a small shelf with more plants.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home How To Tutorial

**Dr. Melinda Bryan, DPT, Principal
Pilates Master Teacher Trainer, Kaz®**

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