

# BEGINNER PILATES

A woman with long blonde hair, wearing a white tank top and white leggings, is lying on her back on a light-colored mat on a wooden floor. She is performing a wall Pilates exercise, with her feet resting against a white wall and her knees bent at a 90-degree angle. Her arms are extended to the sides on the floor. The background shows a bright room with a window and a potted plant.

10 MIN

WALL PILATES

# Pilates At Home Review

**B Lingard**



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