

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 room is bright, with a large window in the background and a potted plant on a white pedestal to the left of the woman.

10 MIN

WALL PILATES

Pilates At Home Review

Karin Nielsen-Saines



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