

# BEGINNER PILATES

A woman with blonde hair, wearing a light blue tank top and shorts, is sitting on a grey mat on a wooden floor. She is leaning her back against a white wall. Her arms are extended forward, holding a large green plant. The room is bright with a window in the background showing a view of a building. There are several potted plants on a windowsill. The overall atmosphere is clean and bright.

15 MIN

WALL PILATES

NO EQUIPMENT

# Pilates At Home Usa Tutorial

**David Baud**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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