

BEGINNER PILATES

A woman with blonde hair, wearing a light blue tank top and shorts, is sitting on the floor with her back against a white wall. She is holding a large green plant stem with both hands, extending her arms forward. The room is bright, with a window in the background showing a view of the outdoors. There are several potted plants on a windowsill. The floor is covered with a grey and white patterned rug.

15 MIN

WALL PILATES

NO EQUIPMENT

Pilates At Home Price Tutorial

AW Chickering



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