

# BEGINNER PILATES

A woman with blonde hair, wearing a blue Pilates mat, is performing a wall exercise. She is sitting on the floor, leaning her back against a white wall, with her knees bent and feet flat on the floor. She is holding a green plant in front of her, using it as a prop for her arms.

15 MIN

WALL PILATES

NO EQUIPMENT

# Pilates At Home How To Tutorial

**Carrie Carter (MD.)**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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