

# 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 stem with both hands, extending her arms forward. The background shows a bright room with a window and a wooden shelf with more plants.

15 MIN

WALL PILATES

NO EQUIPMENT

# Pilates At Home Deal Tutorial

**ML Morrison**

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.

## **Pilates At Home Deal Tutorial:**

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