

# BEGINNER PILATES

A woman with blonde hair, wearing a light blue tank top and shorts, is sitting on a white wall. She is leaning back against the wall with her feet flat on the floor. Her arms are extended forward, holding a large green plant. The room is bright and decorated with several other plants on a windowsill in the background.

15 MIN

WALL PILATES

NO EQUIPMENT

# Quick Pilates For Beginners Full Tutorial For Experts

**RC Schank**

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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