

6 SIMPLE AT HOME PILATES EXERCISES



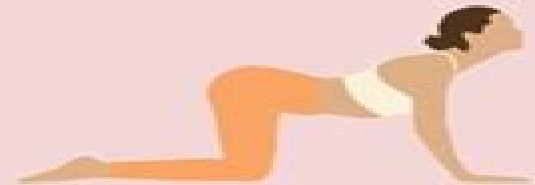
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BREATHING



2. PILATES
BRIDGE



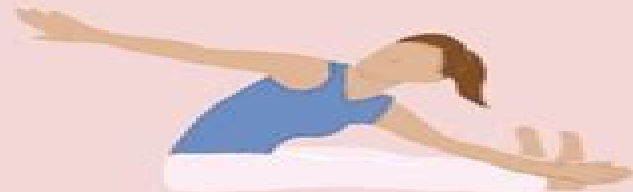
4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

Top Movies Pilates At Home Tips

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The Video Source Book David J. WEINER,1990 **Health** ,2002-03 **6 Weeks to Losing it for Good** Emily Lapkin,Liz Neporent,Lynn Grieger,2003 Based on the Lose It for Good Community Challenge this program helps women identify their eating and fitness personalities and then guides them through six weeks of lifestyle change structured to meet their unique needs

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