

6 SIMPLE AT HOME PILATES EXERCISES



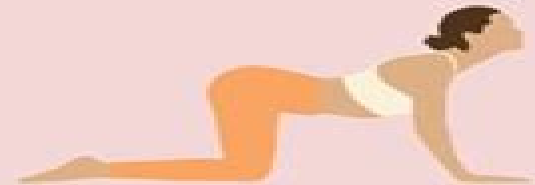
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2. PILATES
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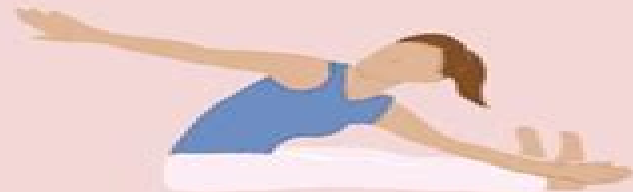
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5. THE
HUNDRED



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William E. Prentice



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