

A woman with blonde hair, wearing a white tank top and black leggings, is sitting on a white chair on a purple mat. She is holding a pair of black dumbbells with both hands, positioned in front of her chest. She is smiling at the camera. The setting is a bright room with large windows in the background, some with blinds. A potted plant is visible to the left of the woman. The floor is made of light-colored wood.

# PILATES & STRENGTH 4

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**Zhe Xu**



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