

# 6 SIMPLE AT HOME PILATES EXERCISES



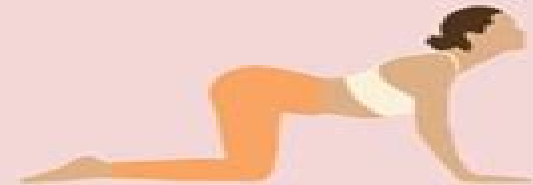
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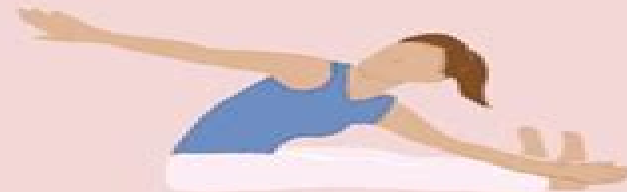
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# Pilates At Home Tricks

**JS Bruner**



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