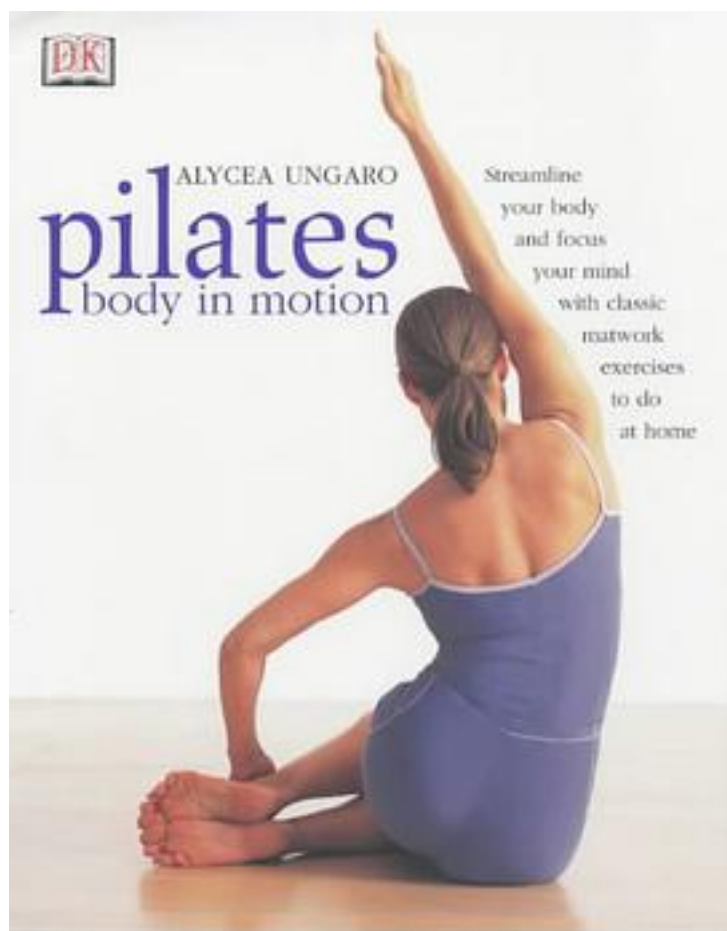


pilates body in motion



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Pilates is a unique exercise system that gives rapid, yet lasting results; a sculpted body with increased back strength and improved posture. "Pilates Body in Motion" shows you how to achieve these remarkable results at home.

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