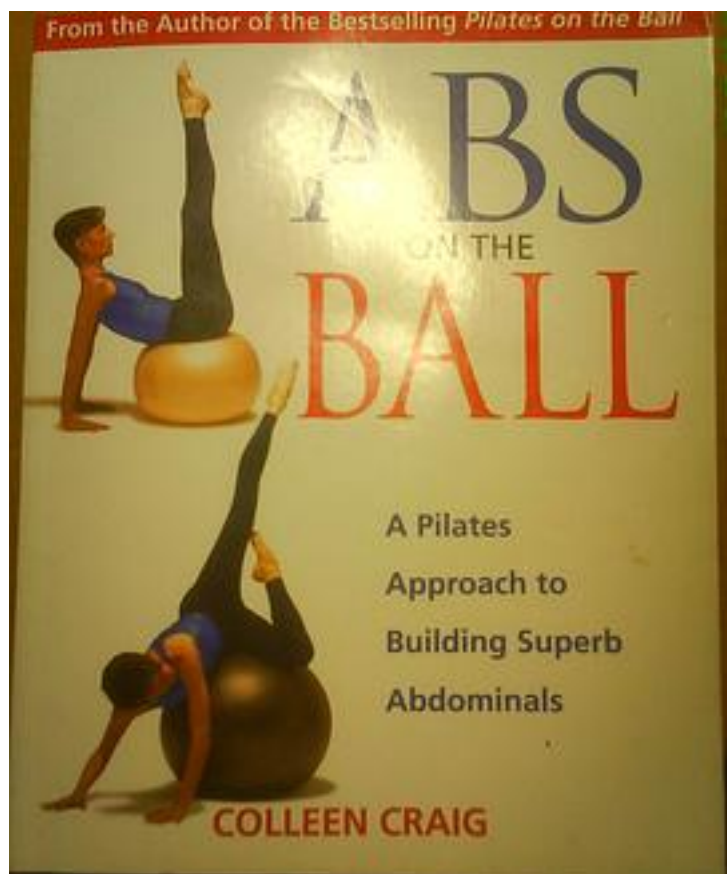


# ABS ON THE BALL



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A PILATES

APPROACH TO

BUILDING SUPERB

ABDOMINALS

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