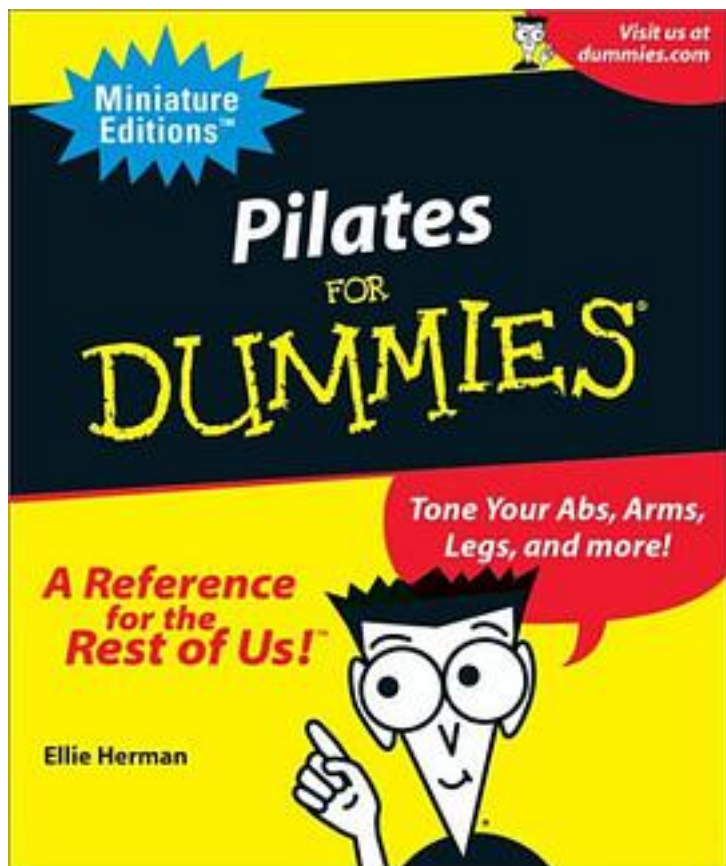


Pilates for Dummies



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Developed by Joseph Pilates during World War I, Pilates is a conditioning regimen that tones the body, improves posture, increases flexibility, and improves well-being. This miniature primer reviews its philosophy, history, and benefits, with illustrations of basic, intermediate, and advanced movements.

作者介绍:

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