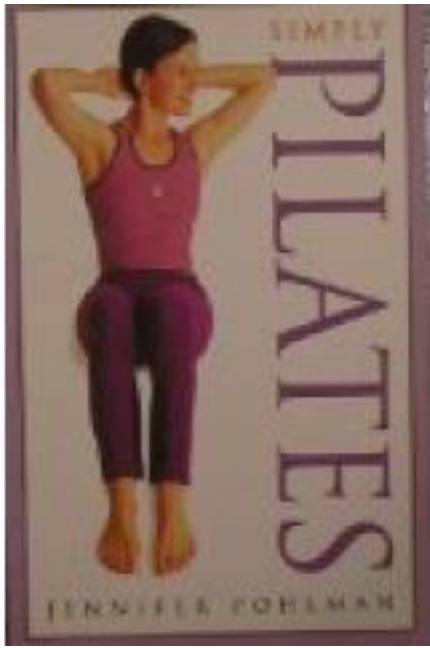


# Simply Pilates



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著者:

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The Pilates Method is one of the most popular forms of exercise practised today. A complete approach to physical and mental fitness, exercising the Pilates way results in greater concentration and energy levels for daily life as well as a strong, supple and streamlined physique.

作者介绍:

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