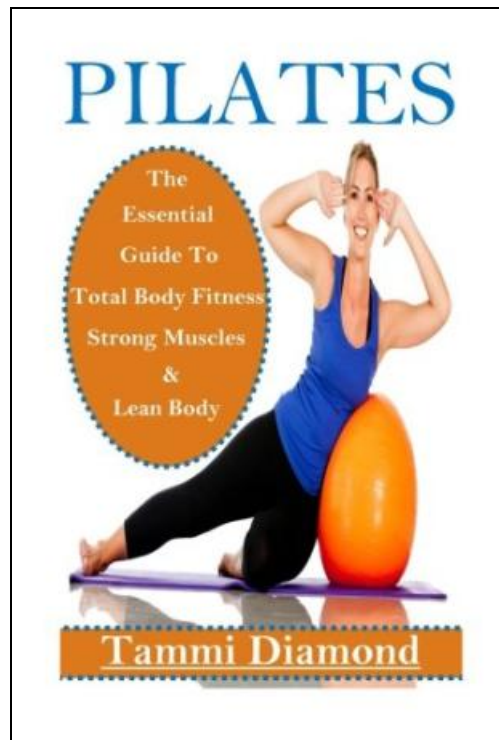


## Pilates for Beginners: The Essential Guide to Total Body Fitness, Strong Muscles and Lean Body



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