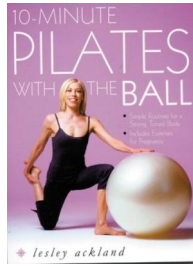


## 10-minute Pilates with the Ball: Simple Routines for a Strong, Toned Body



### Book Review

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(Ena Klein MD)

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