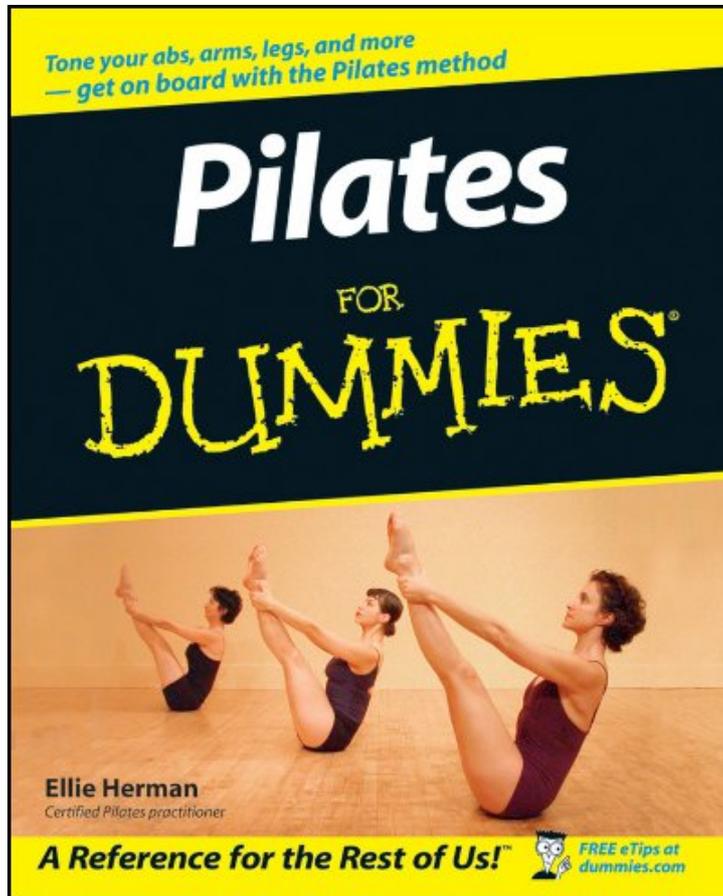


Pilates For Dummies by Ellie Herman

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Review: This is a great resource for those who are new to Pilates and also for some of us who have been doing Pilates for a long time and who have forgotten (or never learned) so of the basics. I love this book because it is easy reading and provides clear guidelines for effective Pilates workouts!!!! I used to do competition body-building years ago and wish...

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