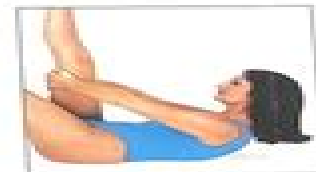
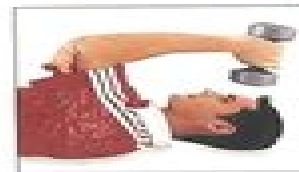


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BODY CONTROL PILATES MANUAL



The Ultimate Pilates Guide
For Fitness, Family Health, Sport and at Work

LYNNE ROBINSON HELGE FISHER JACQUELINE KNOX MCSP SRP GORDON THOMSON

The Official Body Control Pilates Manual

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