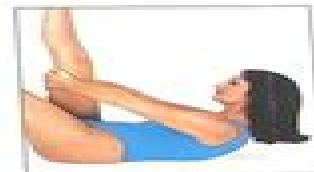
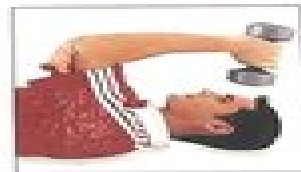


THE OFFICIAL

BODY CONTROL PILATES MANUAL



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

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