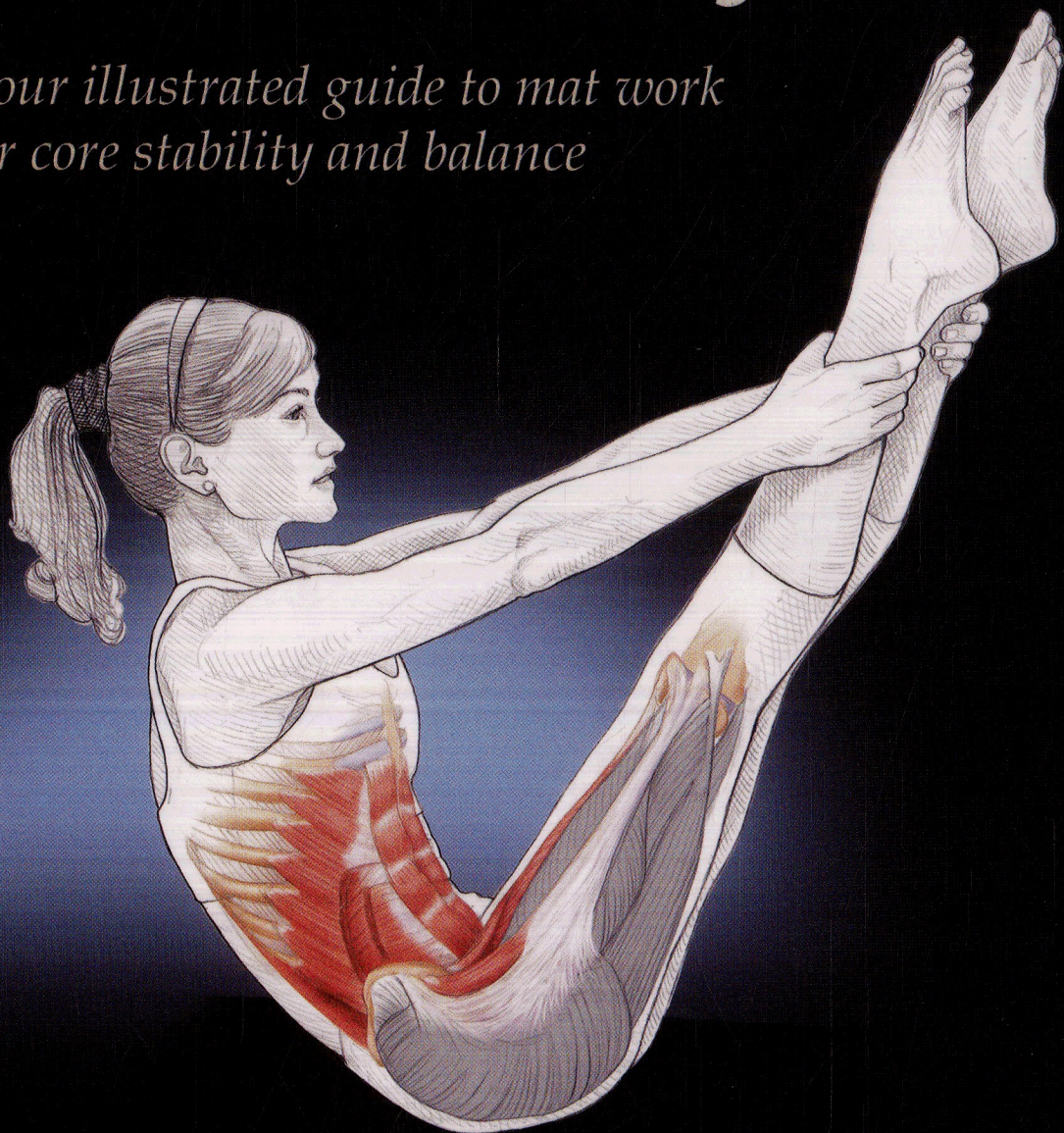


PILATES

Anatomy

*Your illustrated guide to mat work
for core stability and balance*



RAEL ISACOWITZ • KAREN CLIPPINGER

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