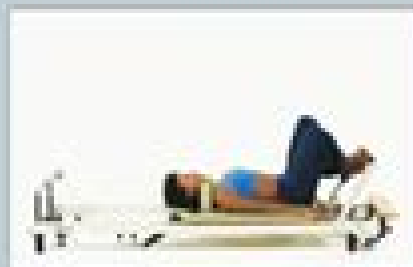
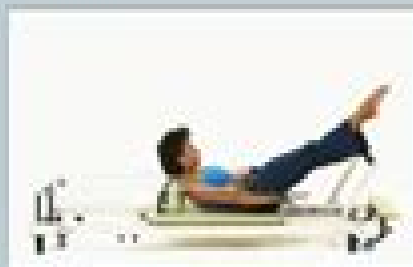


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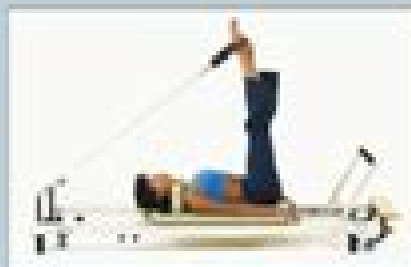
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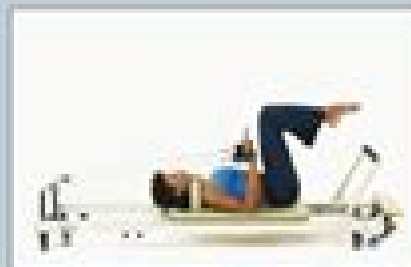
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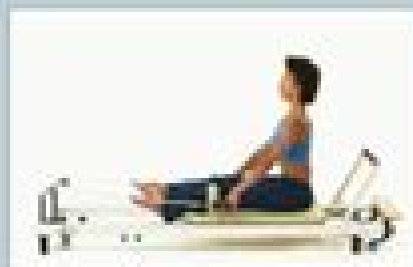
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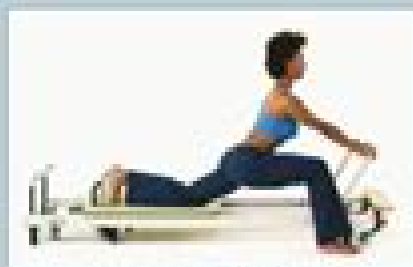
Arms Pulling Straps



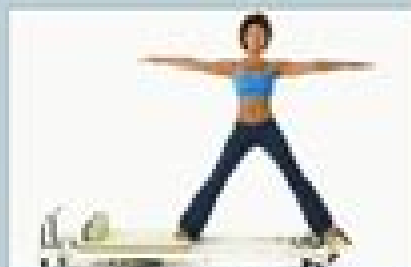
Knee Stretches



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Straight Back

Pilates At Home Guide

Nicole Tsong

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