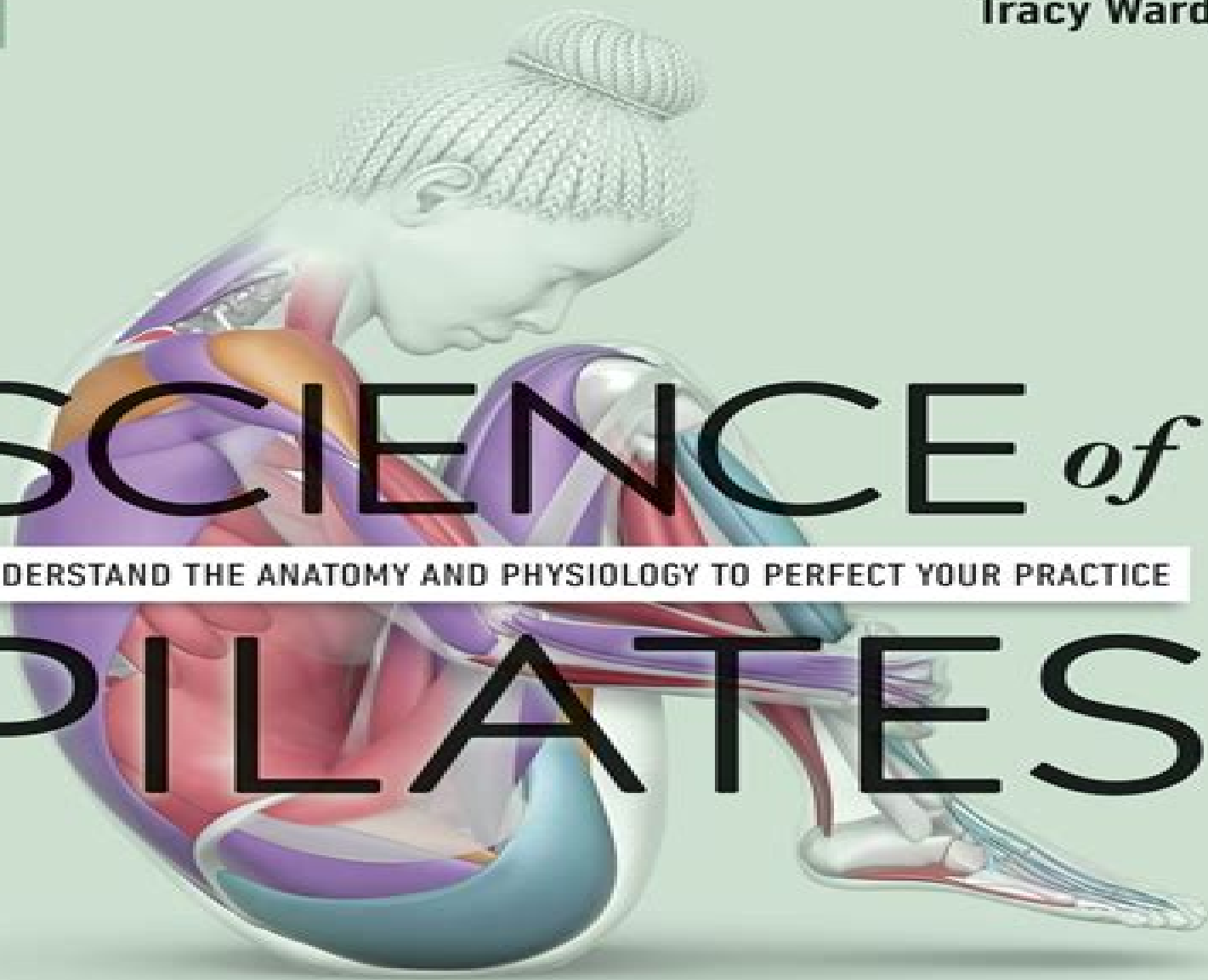




Tracy Ward

An anatomical illustration of a woman in a Pilates pose, specifically a side plank with one leg bent and the other extended. The illustration shows the internal muscles and organs in various colors (purple, pink, blue, orange) to provide a detailed view of the body's internal structure during the exercise.

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