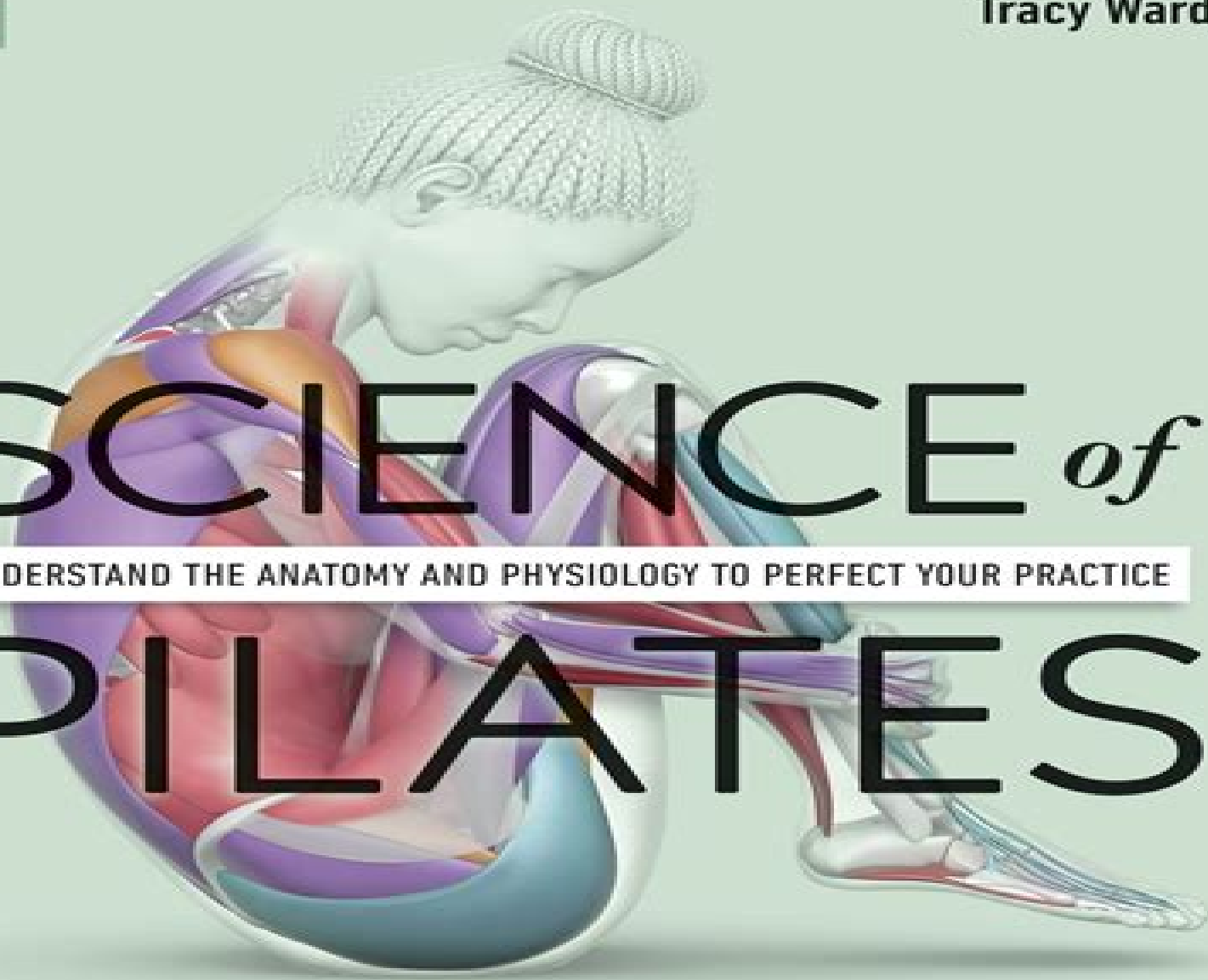




Tracy Ward

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 demonstrate the physiological aspects of the practice. The woman's head is bowed, and her hair is in a bun.

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