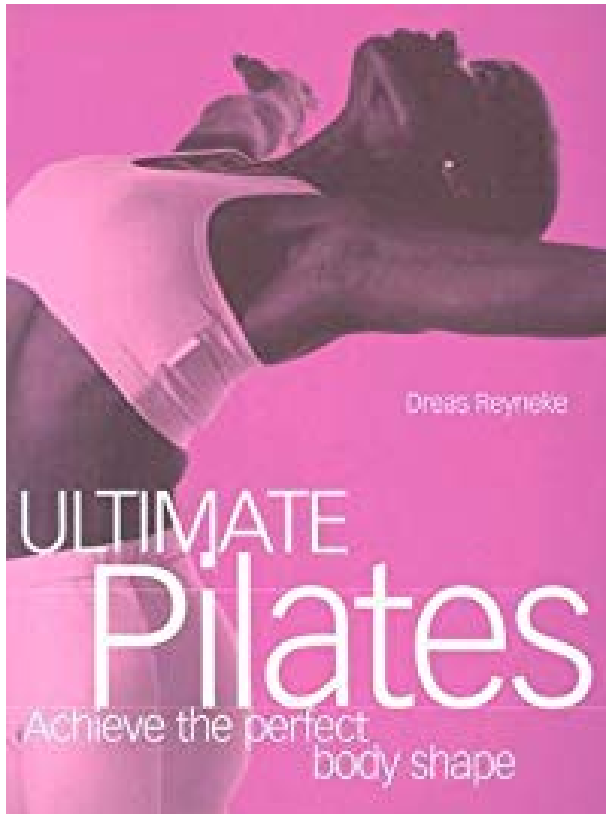


Ultimate Pilates



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Provides the definitive guide for practicing and understanding this exercise program in the comfort of your own home.