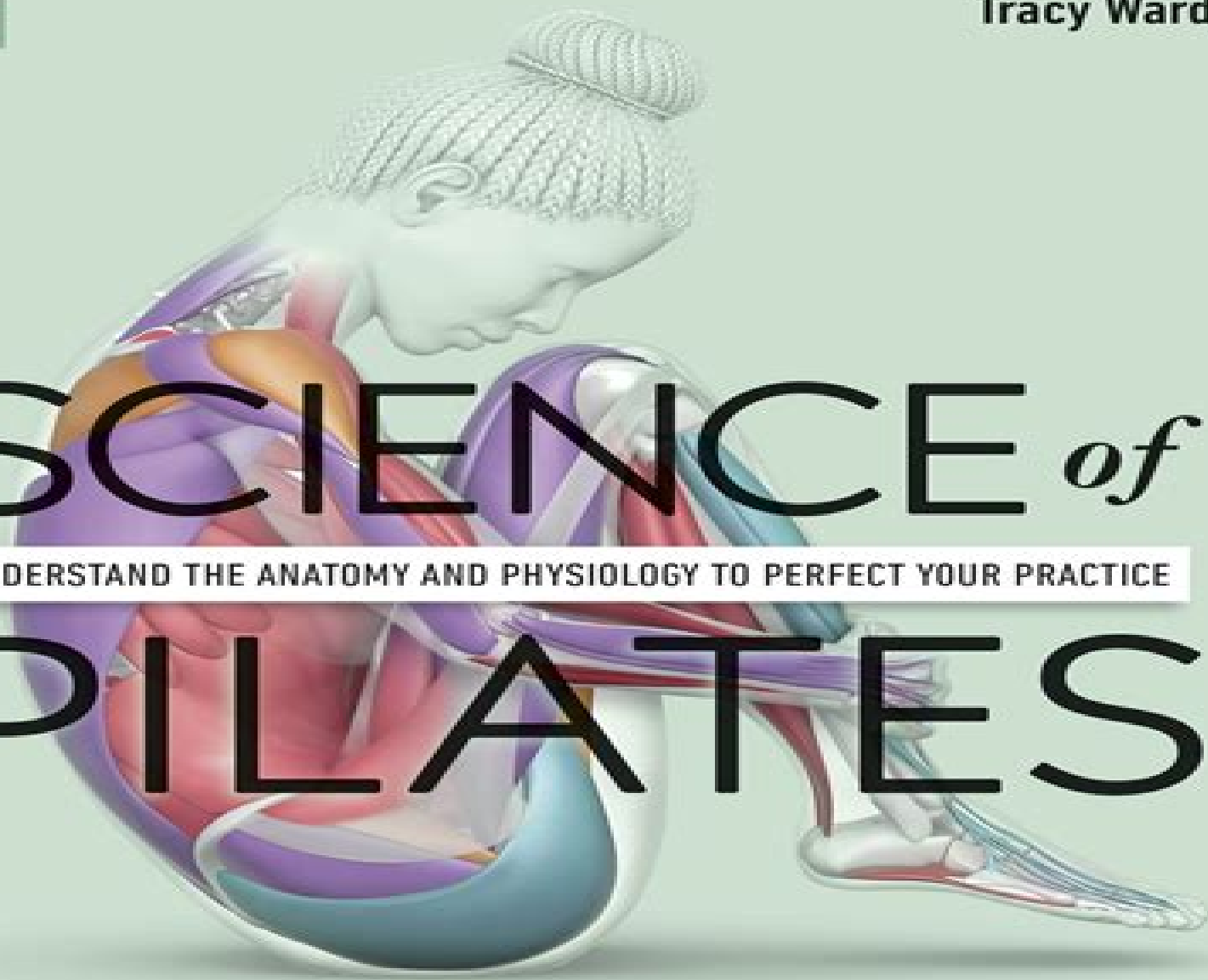




Tracy Ward

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 highlight the anatomical focus of the book. The woman's head is bowed, and her hair is in a bun.

SCIENCE *of* PILATES

UNDERSTAND THE ANATOMY AND PHYSIOLOGY TO PERFECT YOUR PRACTICE

Science Experiments Pilates At Home Update

J Ma



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