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Angie Newson

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Elizabeth Smith, 2024-09-18 Pilates is a type of exercise and body conditioning that is a way for you to return from injury. It is healthier than other Pilates for its health benefits. It has a high level of precise movement and a low level of impact. It is a low-impact exercise that is suitable for all levels of fitness. Welcome to the world of Pilates! This book is designed to introduce you to the fundamentals of Pilates, offering a comprehensive guide that will help you get started on your journey towards improved strength, flexibility, and overall well-being. Whether you are new to exercise or looking to enhance your current fitness routine, this book provides the essential knowledge and techniques to help you practice Pilates effectively.

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