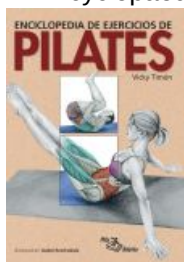


ENCICLOPEDIA DE EJERCICIOS DE PILATES

Encyclopaedia of Pilates exercises



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The Pilates method is a collection of exercises, mostly low-impact, designed to work on postural correction and muscle and general flexibility without injury. The muscle groups involved in the exercises are the same ones used every day in both domestic and work-related tasks.

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