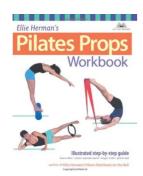
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PILATES MATWORK PROPS WORKBOOK



Ulysses Press. Condition: New. 2004. Paperback. Discussing the role of "props" in the Pilates workout program, the author of Pilates For Dummies shows reader how to incorporate exercise balls, mats, and foam rollers into the traditional Pilates workout, thereby enhancing the experience. Original. Num Pages: 96 pages, Illustrations. BIC Classification: VFMG. Category: (G) General (US: Trade). Dimension: 231 x 192 x 9. Weight in Grams: 316. Books ship from the US and Ireland.

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