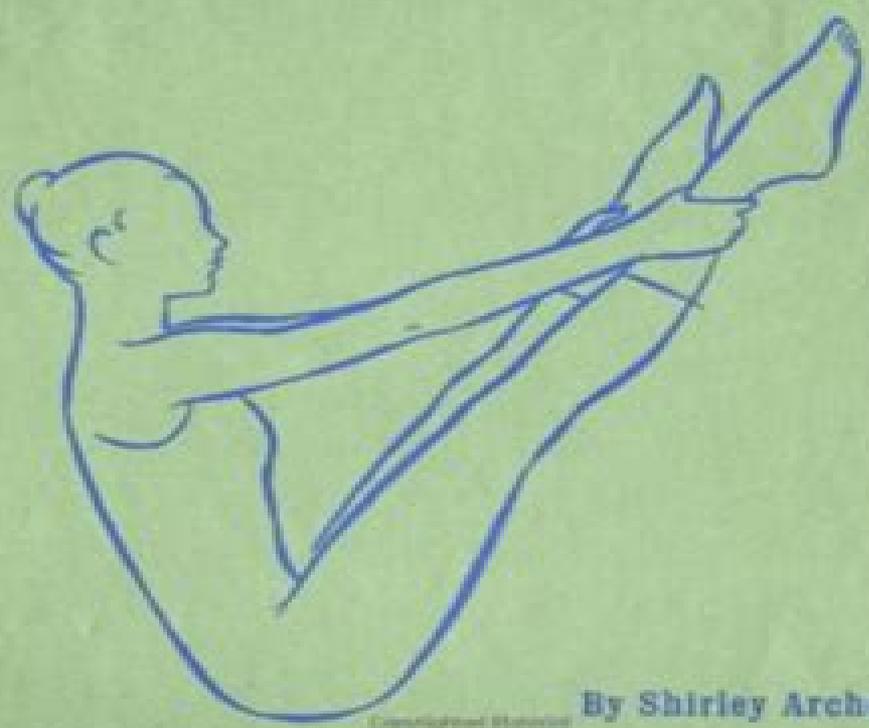


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The PILATES

Deck
50 Exercises to Strengthen, Lengthen, and Tone Your Muscles



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