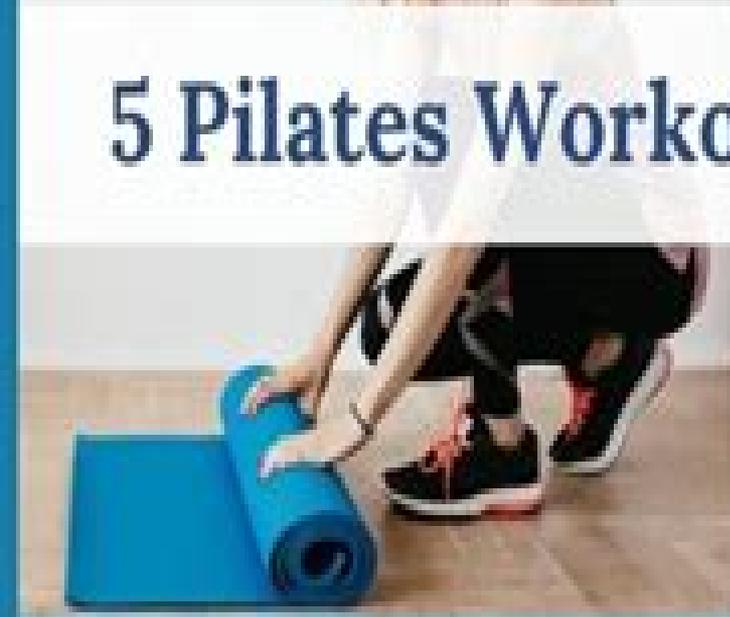




# 5 Pilates Workout for Beginners at Home



# Advanced Pilates For Beginners Explained For Beginners 23836

**Michal Rosen-Zvi**



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