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# Pilates 101: The Ultimate Beginners Guide to Pilates



# Ultimate Pilates For Beginners Explained For Beginners

**Zhe Xu**



## **Ultimate Pilates For Beginners Explained For Beginners:**

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anchorage means a place a fixing or a fixture to which a lifeline or lanyard is connected for fall restraint or fall arrest 1 3 3

authorised manager means a person appointed by his employer or the principal as the competent

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web 5 this regulation shall apply only to work at height carried out on or after 1st may 2014 training for persons at work 6 it shall be the duty of the responsible person of any person who carries out or is to carry out any work at height to ensure that the person shall work at height in a workplace only after he has

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