

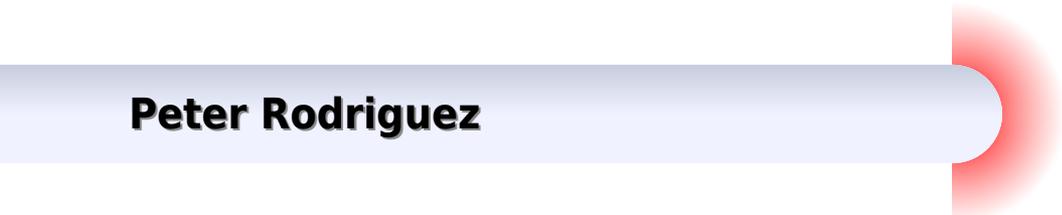


“That Girl” Quick Pilates Tips

- Engage the core - always
- Breathe with purpose- exhale on effort
- Move slow and controlled- form over speed
- Relax your shoulders- tension doesn't belong there
- Listen to your body- modify when needed

Quick Pilates For Beginners Tips 28460 67124

Peter Rodriguez



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