



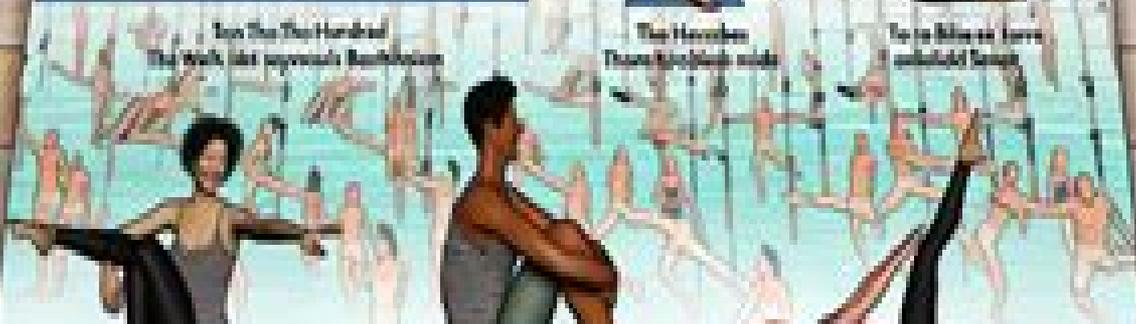
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To in Balance
From outside



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Top Method For Pilates For Beginners Explained For Workers

David J. WEINER



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The Universal Reformer Javier Pérez Pont, Esperanza Aparicio Romero, 2013-07-08 How to reach a stronger and more flexible body. In this collection, Esperanza Romero and Javier Pérez Aparicio Pont, directors of the only center that imparts the original teachings of J Pilates in Spain, show step by step and easily the keys to maximize the benefits of this method, which considers the body, the mind, and the spirit as a unit, and its main target is to coordinate them in order to achieve a stronger and flexible body with a slimmer figure. The Universal Reformer is the most popular and famous device because, as its name suggests, helps to reform working in an integrated way throughout the body from the toes to the head.

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