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Pilates: How to Keep Your Body and Mind Strong in a Hectic World (Busy Person's Guide)

Alan Herdman, Jo Godfrey Wood

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Shows you how to incorporate Pilates exercises into your hectic everyday life, whether at home or at work, and no matter what you are wearing. The simple routines in this book help relieve everyday stresses and strains caused by sitting or standing for ling intervals, lifting heavy loads, or travelling in uncomfortable conditions.

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