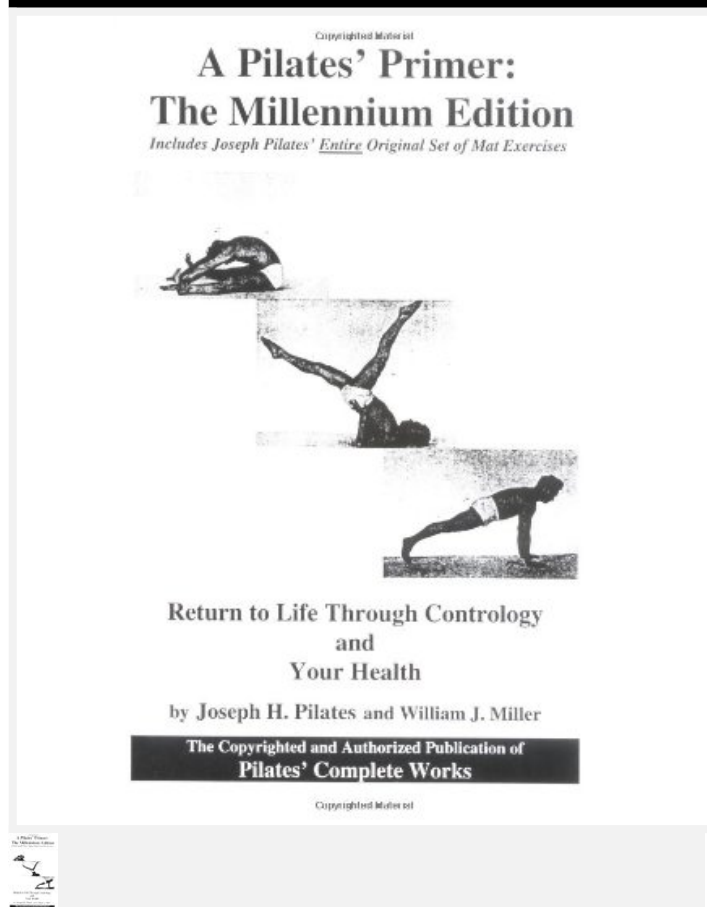


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# Read A Pilate's Primer: Return to Life Through Contrology and Your Health - Audiobooks

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## Book Synopsis

Includes two works of Joseph Pilates. This book offers his early Twentieth Century philosophies, principles, and theories about health and fitness, as well as the exercises, poses, and instructions fundamental to his fitness program. It covers his fundamental tenets of posture, body mechanics, correct breathing, spinal flexibility, and more.

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