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Pilates For Beginners: The Ultimate Guide to Mastering Pilates for Beginners

Fhilcar Faunillan

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In this book you will learn what Pilates is all about and how it is a very good exercise for you. Also, you will learn about the basic information of Pilates, including its principle and simple exercise routines. This book will also provide you steps and strategies in order for you to start your journey towards a healthier mind and body through Pilates. It is an easy and accessible way to train yourself into becoming the best you can be.

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