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Pilates (/ ˈp ɪ l ɪ t z /; German: [pi la t s]) is a physical fitness system developed in the early 20th century by Joseph Pilates, after whom it was named. Pilates called his method "Contrology". It is practiced worldwide, especially in Western countries such as Canada, the United States and the United Kingdom. As of 2005, there were 11 million people practicing the discipline

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