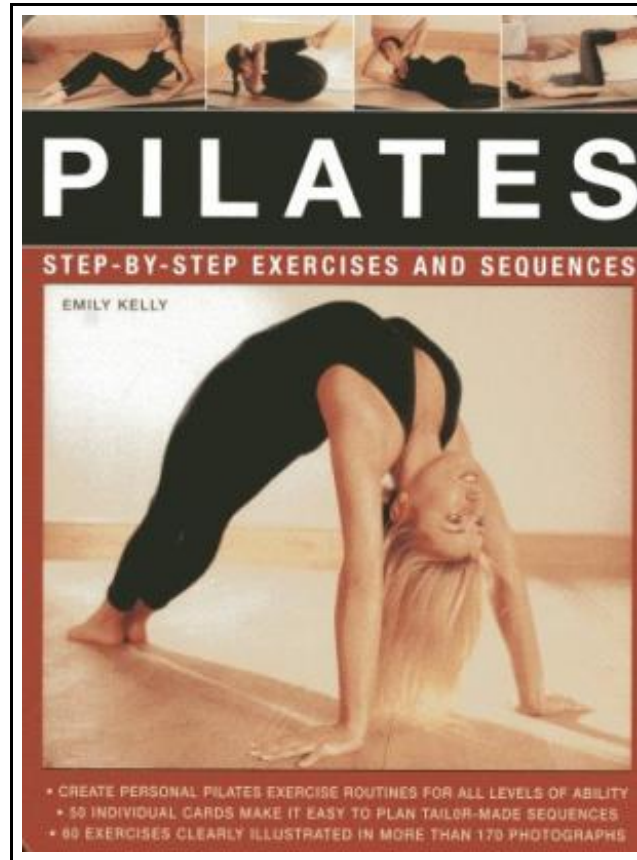


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PILATES: STEP-BY-STEP EXERCISES AND SEQUENCES (IN A TIN)

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