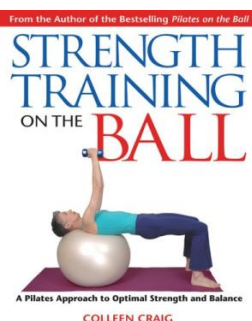


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## STRENGTH TRAINING ON THE BALL: A PILATES APPROACH TO OPTIMAL STRENGTH AND BALANCE



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