



Curso de Pilates Para Todos

Carolan Brown

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Curso de Pilates Para Todos Carolan Brown

This book features Pilates routines suited to anyone. This easy-to-follow course includes more than 60 step-by-step exercises that fit into the busiest lifestyles, more than 8 complete workouts and 500 photos, sidebars feature common mistakes and tips to make it easier. It includes also special exercises to relieve back pain and muscle tension.

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