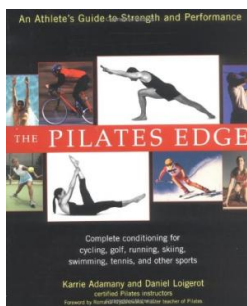


The Pilates Edge: An Athelete's Guide to Strength and Performance



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