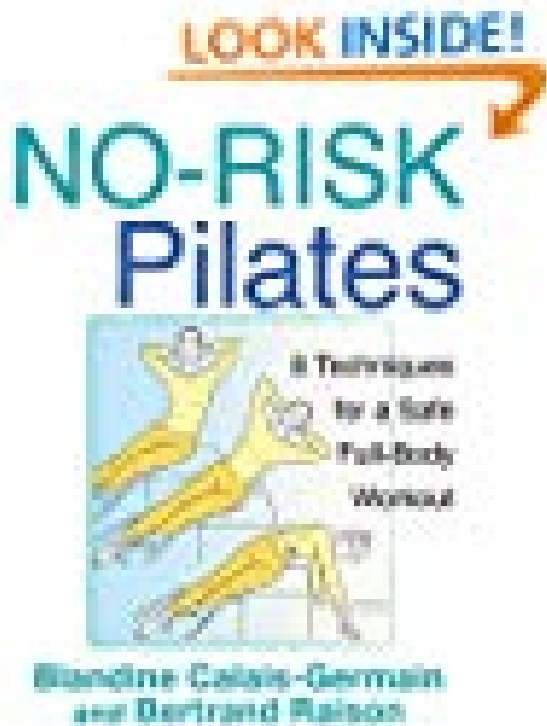


# No-Risk Pilates: 8 Techniques for a Safe Full-Body Workout



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