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Third edition



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Greg Archer, Guy Brook-Hart,
Sue Elliot and Simon Haines
with Claire Vijayatilake

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Brooke Siler,Editors of Women's Health Maga,2013-10-22 Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women s Health to offer a comprehensive authoritative manual on this proven fitness philosophy Trained by Joseph

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