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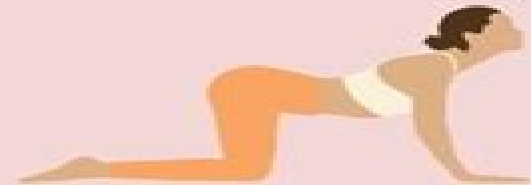
1. WARM-UP:
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BREATHING



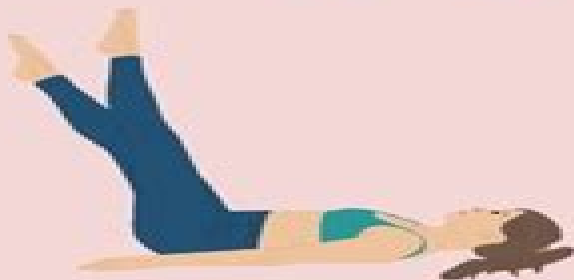
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BRIDGE



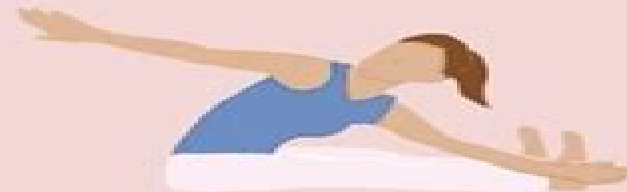
4. PLANK



3. CAT-COW



5. THE
HUNDRED



6. THE SAW

Pilates At Home Yoga For Beginners Price

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