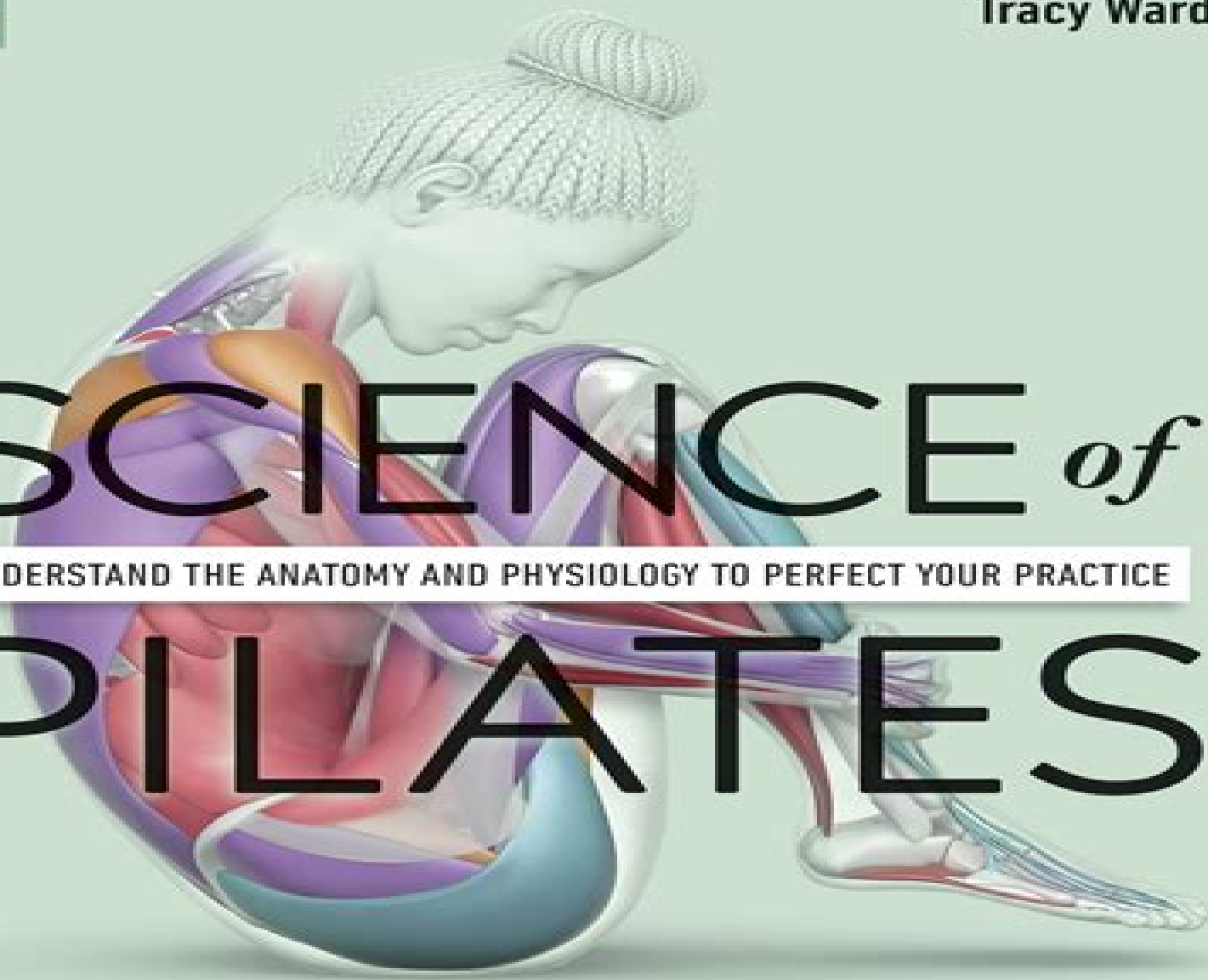




Tracy Ward

An anatomical illustration of a woman in a Pilates pose, specifically a side plank with one leg bent and the other extended. The illustration shows the internal organs and muscles in various colors (purple, pink, blue, orange) to highlight the physiological aspects of the practice. The woman's head is tilted down, and her hair is in a bun.

SCIENCE *of* PILATES

UNDERSTAND THE ANATOMY AND PHYSIOLOGY TO PERFECT YOUR PRACTICE

Pilates At Home Science Experiments Discount

RD Boyd



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