

# 6 SIMPLE AT HOME PILATES EXERCISES



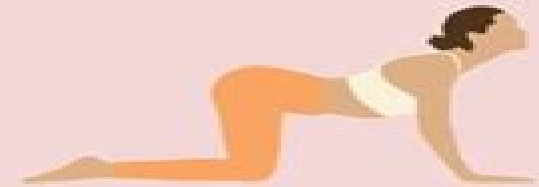
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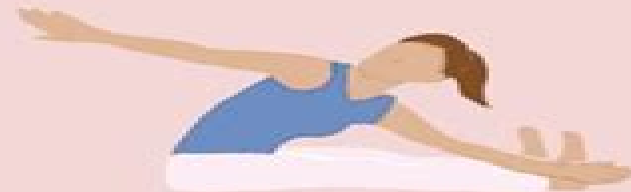
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3. CAT-COW



5. THE  
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6. THE SAW

# Pilates At Home

**Yi-Tong Ma**



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