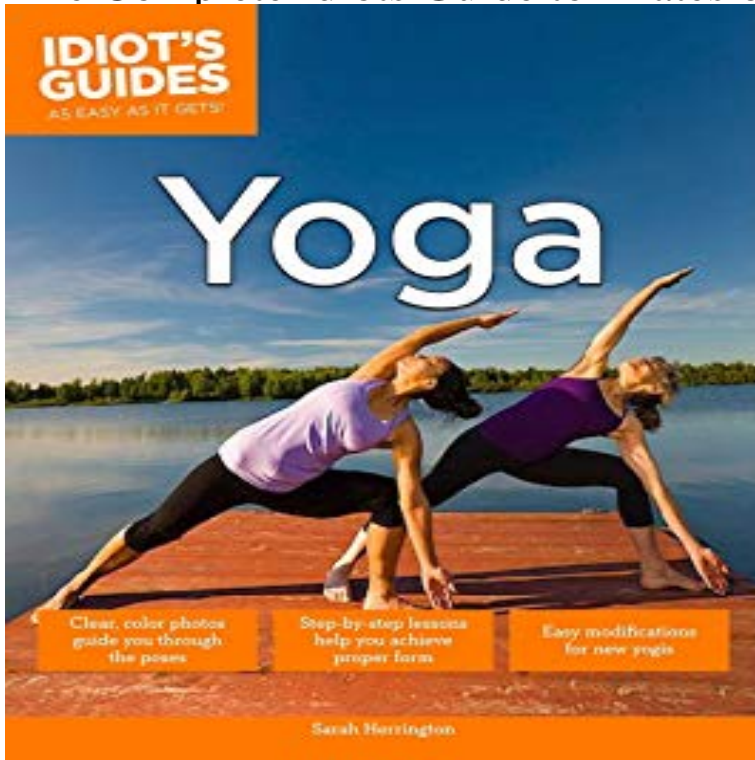


# The Complete Idiots Guide to Pilates on the Mat (Idiots Guides)



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