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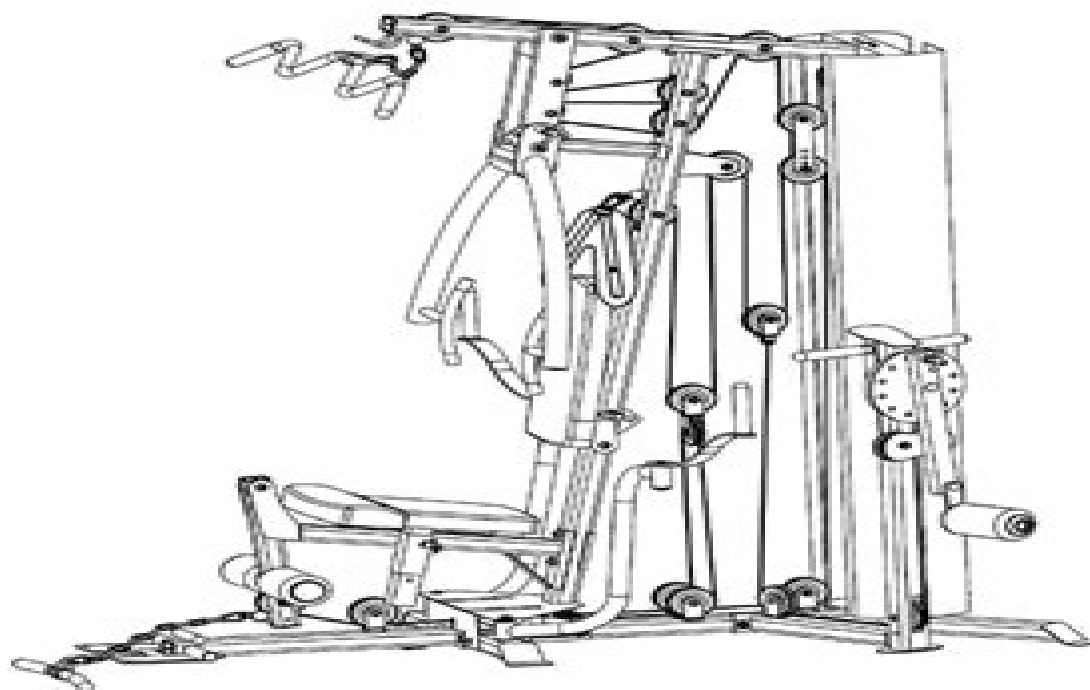
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Marcy Platinum Workout Manual

IM Harris



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Comprehensive Manual Wall Pilates Abs Workout for Women Aishat Abujade, 2023-10-06 An inspirational fitness book called A Comprehensive Manual Wall Pilates Abs Workout for Women will revolutionize the way you work out This guide is appropriate for all fitness levels whether you re a beginner looking to develop core strength or an accomplished practitioner looking for new methods The book provides clear images to ensure proper posture and alignment as it digs into thorough step by step directions for a variety of wall Pilates exercises It begins with basic postures like wall squats and wall push ups before eventually progressing to more difficult postures like wall planks and bridge positions Readers gain knowledge of how wall support improves balance hones muscle activation and guards against accidents through expert perspectives

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