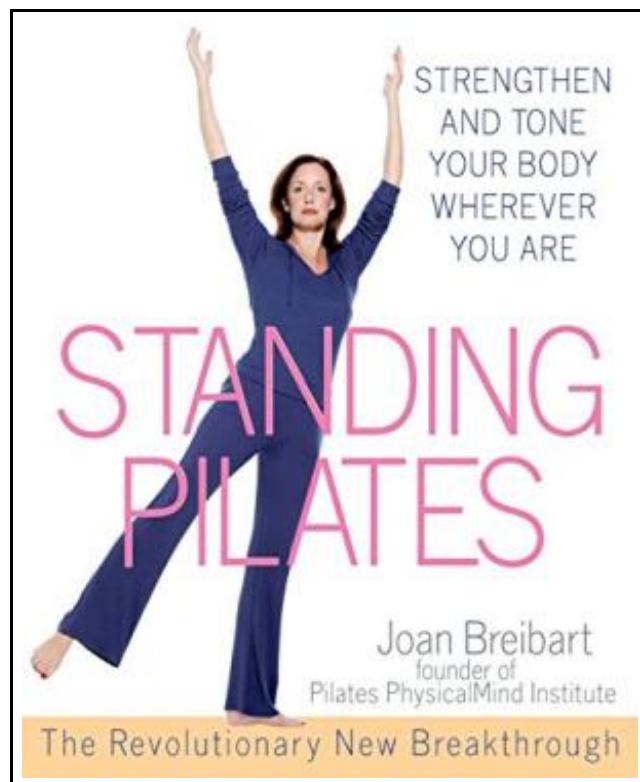


## Standing Pilates: Strengthen and Tone Your Body Wherever You Are



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