

# Ultimate Pilates (Fitness Books From The Experts)

By Dreas Reyneke



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Bamboo. Strength / Flexibility / Growth. Ultimate Pilates fitness philosophy emulates Bamboo s central quality of strength, flexibility, and continuous growth.

### **Ultimate Pilates ( Fitness Books from the Experts -**

Dreas Reyneke Ultimate Pilates (Fitness Books from the Experts) Publisher: Hay House; First Edition edition (March 31, 2002) Language: English Pages: 223

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