

# PILATES

## FOR BEGINNERS



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SEQUENCES  
to PRACTICE  
at HOME

Katherine Corp & Kimberly Corp

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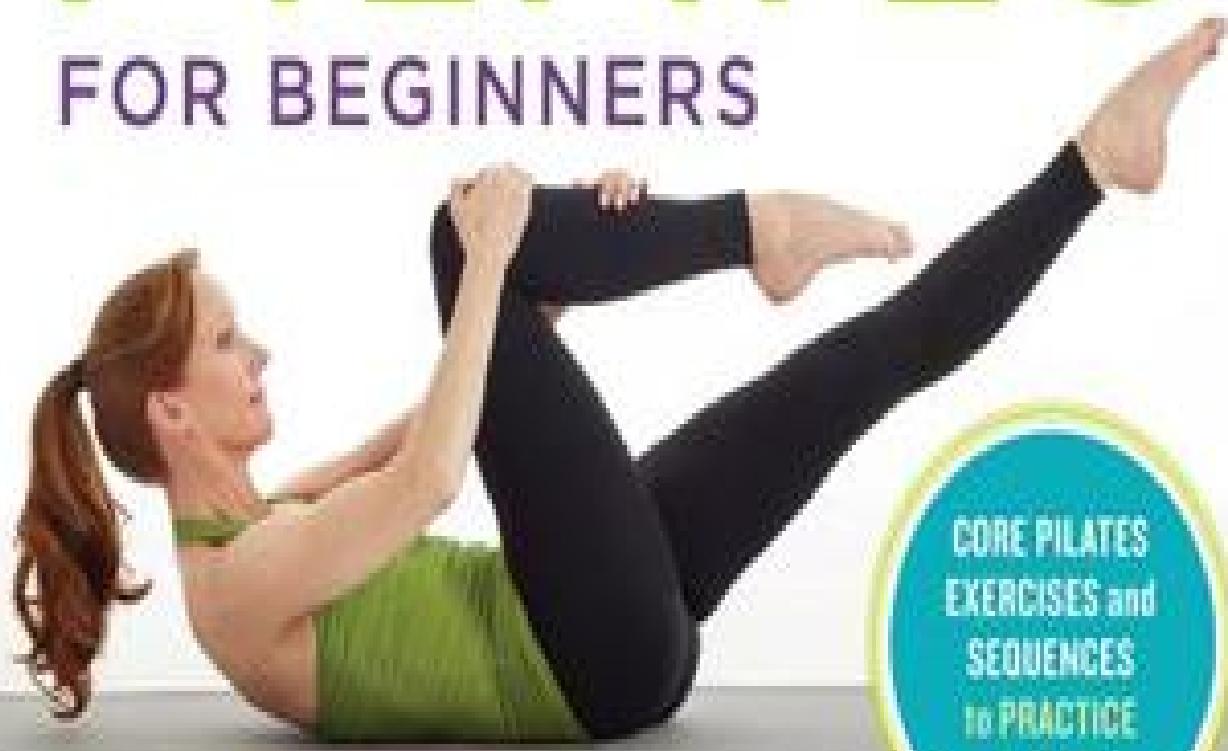
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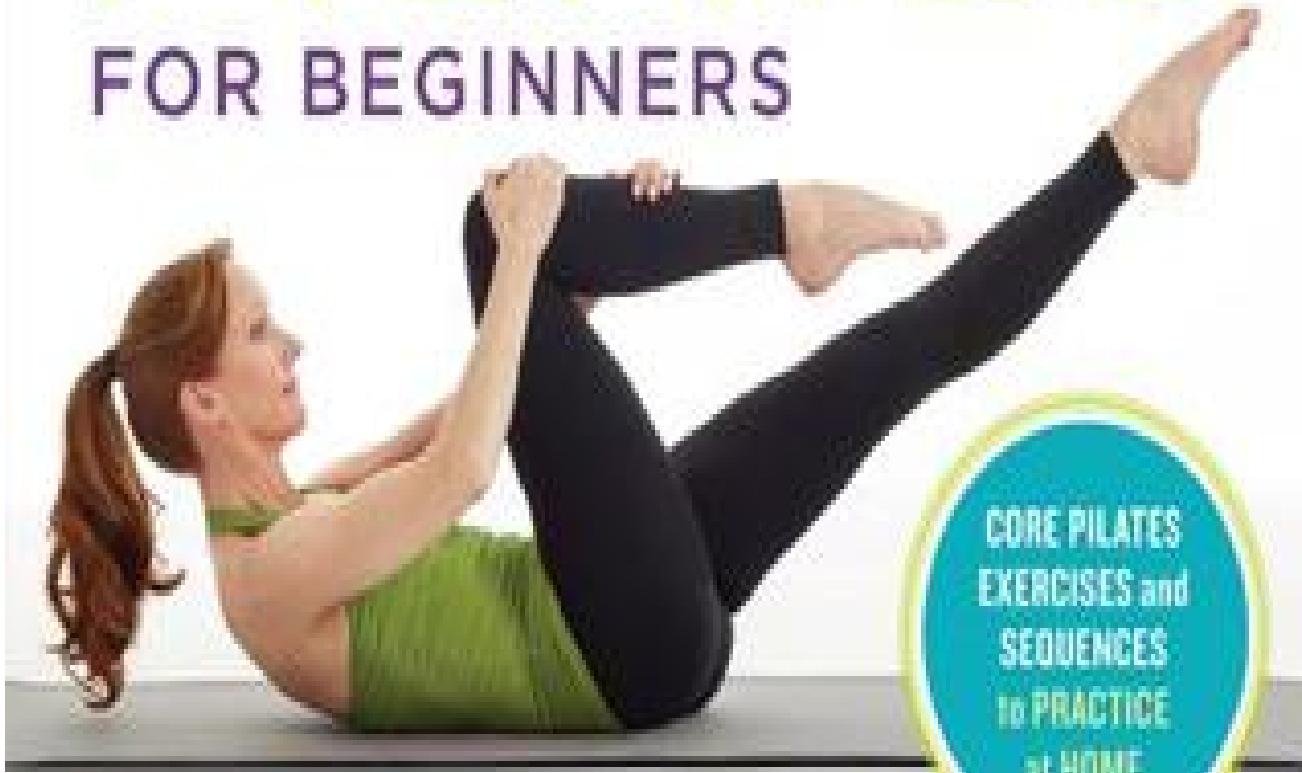
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