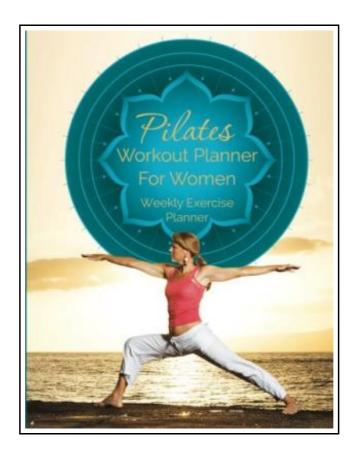
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PILATES WORKOUT PLANNER FOR WOMEN: WEEKLY EXERCISE PLANNER (PAPERBACK)



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The Benefits and uses of a Pilates Workout Planner for Women As the world of fitness evolves through the most advanced scientific findings, yoga and Pilates have taken the field by a storm. Pilates has been proven to not only improve overall health and well-being, but also happiness and confidence for anyone that implements it into their regular routines. Women are some of the most common participants of group Pilates sessions. It improves flexibility, health, and beauty. By maintaining a Pilate s workout planner, the individual will be motivated to follow a regular schedule that is extremely beneficial to their life. A Pilates workout planner keeps its users aware of when they should conduct their next session, while having the time and discipline to tend to their other obligations.

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