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The Pilates Academy International manual has been designed to educate students, to empower apprentices, and to provide a constant reference to Pilates instructors long after they've completed their courses. Each exercise

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Debbie Lawrence is an extremely well-

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regarded fitness professional and her book is an essential resource for Pilates instructors. This comprehensive guide covers the history of Pilates; how specific exercises impact muscle groups; ready-made session plans; and easy to follow anatomical diagrams and photographs breaking down various exercises.

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