



## Pilates Body in Motion Deck

*Alycea Ungaro*

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# Pilates Body in Motion Deck

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## **Pilates Body in Motion Deck** Alycea Ungaro

The *Pilates Deck* provides a simple, take-anywhere exercise program that delivers a lean, sculpted body, increased abdominal and lower back strength, and improved posture in weeks! Full-color, step-by-step photographs guide you through three complete programs, leading you to the next step in fitness whether you are a beginner or an experienced Pilates student.

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