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*Tia Stanmore*

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*Tia Stanmore*

**Pilates Back Book: Exercises for Neck, Shoulders and Back (Pyramid Paperbacks)** Tia Stanmore

A Pilates-based exercise programme that helps stabilize joints, build strength, and correct posture, giving benefits to your back. This work enables you to: build inner muscular strength and flexibility; speed recovery from back aches, sore necks, and strained muscles; and correct posture, and minimize risk of back injuries.

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