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Return To Life Through Contrology (see "Recommended Reading, Page 54). In My Opinion, The Pilates Mat Class Benefits Are:-(1) Very Time Efficient Resistance Training. •Each Muscle Group Is Worked For 5 To 10 Repetitions, By Rotation. When One Group Is Working, Another Is Resting. There Is No Downtime Between Exercise Sets, And No Downtime Spent Feb 1th, 2024

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1945: Authored Return To Life Through Contrology - The Power Of Our Minds Pro-vides The Fine-tuning Of His Method And Includes 34 Of His Original Low Impact Mat Exer-cises To Help The Reader Achieve Strength, Flexibility, And Balance. 1967: - Joseph H. Pilates Passes Away At Age 87 May 2th, 2024

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