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Now I've learnt that there are even different forms of Pilates. to the very beginning and gave me an idiots guide to Stott Pilates and how Stott Pilates is a contemporary approach to the original exercise method Being a complete novice I wouldn't have felt comfortable or competent taking part in a class.

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Summary: Pilates has been around since the 1920s, and is now making a comeback. It is a whole-body workout that strengthens the abs and back, and

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About Karon Karter. Karon Karter is the co-author of The Complete Idiot's Guide® to Kickboxing, as well as The Healthy Traveler: Eight Steps to

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