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By Joseph H. Pilates**

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Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (Englisch) Taschenbuch – 1. Januar 1998.

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Pilates, Joseph Hubertus (1880-9 Oct. 1967), physical trainer, was born near Düsseldorf, Germany. including Your Health: A Corrective System of Exercising that Revolutionizes the Entire Field of Physical Education (1934) and Return to Life

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Your Map to the World of Complementary and Alternative Therapies, 2nd Edition Alan E. Smith. Gray, J. (1992). Pilates, J. H. (1998). Your health: A corrective system of exercising that revolutionizes the entire field of physical education.

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