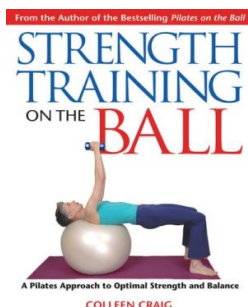


## Strength Training on the Ball: A Pilates Approach to Optimal Strength and Balance



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