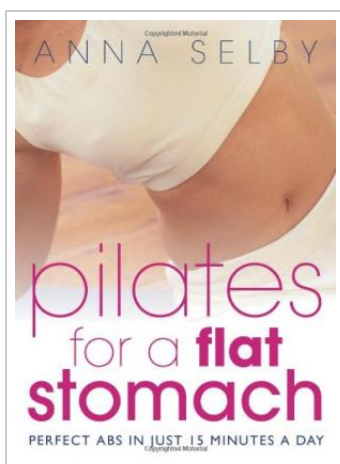




Pilates for a Flat Stomach: Perfect Abs in Just 15 Minutes a Day

By Anna Selby, Clare Fone

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