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By Angela Kneale

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Angela Kneale is the author of Pro Roller Massage Essentials (3.67 avg 0 reviews, published 2007), Desk Pilates (3.33 avg rating, 3 Angela Kneale s

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Sanctband Pilates Essentials invites you to spend time doing exercises that feel good to your body, with movements that are fun and enjoyable.

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