



# **THE ULTIMATE ILLUSTRATED PILATES SPINE CORRECTOR TRAINING MANUAL**

**A STEP-BY-STEP VISUAL GUIDE TO MASTERING THE  
PILATES SPINE CORRECTOR—PERFECT FOR BEGINNERS  
TO ADVANCED STUDENTS**

**ROSE B. SHELTON**

# Pro Pilates For Beginners Guide For Students

**G Psacharopoulos**



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