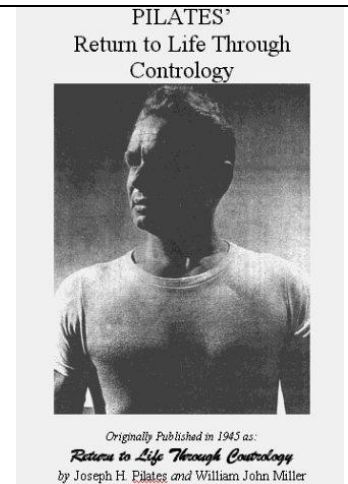
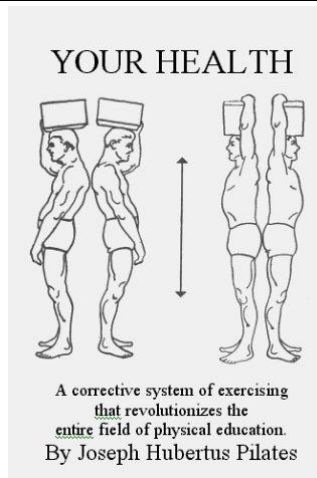


Books with Original Texts by Joseph Pilates – from 1934 to Today

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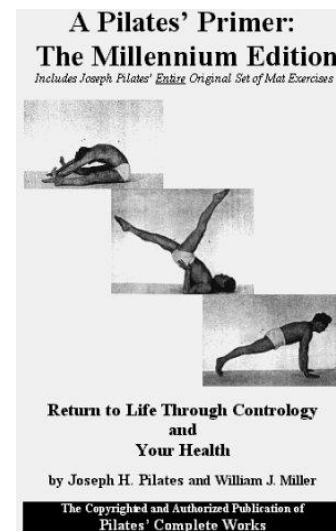
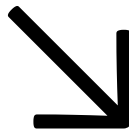
1. 1934 "Your Health" - Joe's Fitness Philosophies
2. 1945 "Return to Life through Contrology" - Joe's Premier Book of 34 Exercises



2000

"Pilates Primer" combined Pilates' original two books into one edition.

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