

Portable Pilates Workout Guide

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A new global fitness company has bought up space in Northern Kentucky and it will offer a multifaceted workout that combines the best of three disciplines.

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Additional Details Get long and lean with an Portable Pilates trainer. This fitness kit lets you do reformer-style Pilates movements for a full-body workout at home.

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Portable Pilates Studio Description: The Portable Pilates Studio lets you perform reformer-style movements without heavy equipment in the comfort of your own home.

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