

# Total Body Pilates

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2026-06

## Synopsis

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This is the original and traditional mat Pilates series invented in the 1920s by guru Joseph Pilates. We encourage you to practice and perfect this single workout since this includes foundation moves for ALL of Pilates. This routine tones your whole body, hones the upper body, and improves your posture. This is a very special set of exercises and we urge you to do it again and again. All fitness levels welcome.

## Reader's comments

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