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LIGHT, MEDIUM & HEAVY
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- Tones arms and legs
- Tightens abdominals
- Develops shoulder and back strength

FAIBLE, MOYENNE ET ÉLEVÉE
DE RÉSISTANCE

TUBES ELASTIQUES

- Renforcent les muscles des bras et des jambes
- Raffermissent les muscles abdominaux
- Développent la force de vos épaules et de votre dos



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INCLUDES INSTRUCTIONS

Everlast Pilates Resistance Stretch Tubing Guide

Ian Pickup



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