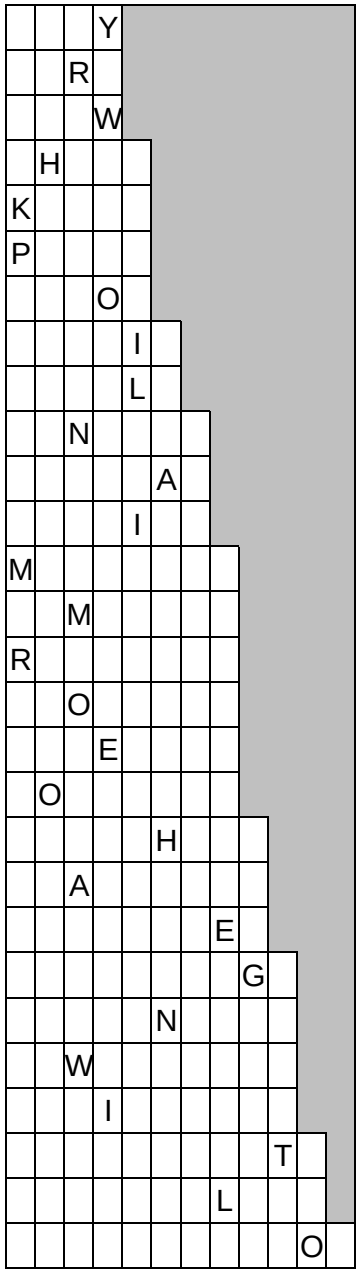
PILATES!

Pilates teaches you to control every movement your __ makes
Your __ muscles are in the abdominals and back
Your movements should __ one into the other with control
The Wunda or High __ is a piece of Pilates equipment
Bending your __ will help make a move easier
Front support is similar to __ position. Stay in one line heel to head
__ your abs, pull your belly button in and up
The __ floor muscles are part of your primary powerhouse
When doing leg circles your pelvis should remain __
The first exercise of Pilates is the __
During exercise your back should remain __, not bowed or arched
Movements should be __, not haphazard or wild
All Pilates exercises can be __ to your personal level
You should use your core, not __ to perform a movement
The __ is a piece of equipment that includes a mat and springs
The muscles of your __ girdle are part of your secondary powerhouse
The __ __ Series focuses on your core and thigh muscles
The standard foot position in Pilates is heels __, toes apart
__is a very important aspect of Pilates
__ Pilates does not use music and follows a specific routine
__is a combination of yoga and Pilates moves
Joseph Pilates called his method of exercise __
Joseph Pilates was in an __ camp when he developed his exercises
The center of your body is also called the __
Springs and light weights add __ to a workout
You must fully __ on every move that you are doing
Stretching helps increase __
Full __ of the spine is very important



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Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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