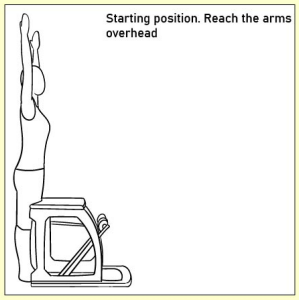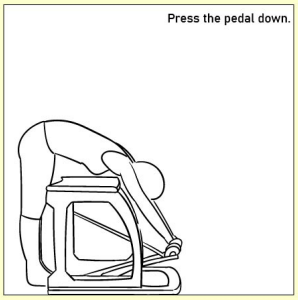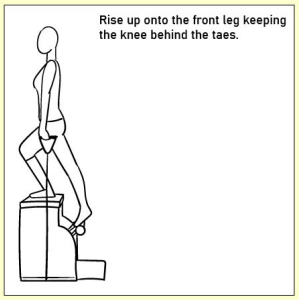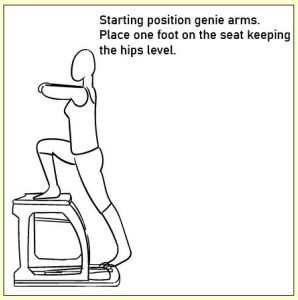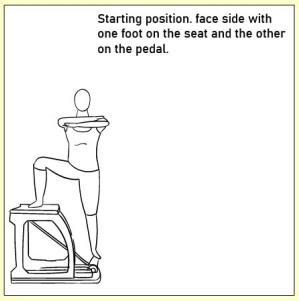PILATES CHAIR EXCERCISE