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which dictate the approach to Pilates and ultimately which define it. While not laid out by Joseph Pilates, the founder of the exercise program, most fitness experts broadly agree on what the principles are and how to define them. The 6 principles of Pilates tie together the theory, practice and philosophy of Pilates.

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Exam yesterday. Thank  
you for these practice  
quizzes, something  
finally clicked in my  
brain with your muscle  
action questions :)”

Michelle R. “Fitness  
Theory exam passed this  
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practice tests were great.

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