



# Pilates Through the Day: Desk Reviver

*Lynne Robinson, Helge Fisher, Gordon Thomson*

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**Pilates Through the Day: Desk Reviver** Lynne Robinson, Helge Fisher, Gordon Thomson

Slumped over your desk at work? Hunched over a keyboard? Staring at a screen? This book offers a quick-fix workout using the Pilates method, which should ease your aches and pains, and enable you to approach your tasks afresh. This mini-book also features quotations.

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