

Reading 30: Pilates

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I N T E Q N P M N Q V D P A T I E N T F J M M N D
C Q E M T W V T H B O P O M P B G P B O C E L W L
O X N D A C A Y N K V I P O S T U R E C B V W X B
N L O P L U Q F L E X I B I L I T Y N U H I L S T
T L N V H W E U K L S M L F J V C D A S A Z Z W N
R D D I M D J L K C A J U W N X A S J I Y F L Q I
O W D C M X U N I G G C O B N T Q C B N P N B W C
L K L G H J Q S D X T E C H N I Q U E G I Z Z G W
O F X R L A R S T R E S S D E R M F D U F H N P C
G H U J P I D U X A Q K A R Q O E P I E D I D Z V
Y Y Z N N Q U R E C O M M E N D C H G L P A T N B
H N F M P Z F F V P Z M A T N D T M U S C L E S U
M E T H O D A Y V N E F U I N S T R U C T O R S K
R P U Z U T I L I Z E S D C H N F D L A P L J F K
F Y C M V Y K P H Y S I C A L P I J U C Z E N O V
J G V W V H Y T F S M V L C I V A M C G N D W F B
L T A E T I N J U R Y U R M A R T I A L Y S C T F

technique

martial

physical

patient

method

recommend

flexibility

posture

utilize

contrology

muscles

focusing

stress

mat

instructors

injury