

**The Complete Book Of Pilates For Men: The  
Lifetime Plan For Strength, Power & Peak  
Performance**

**By Daniel Lyon**



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Daniel Lyon Jr. is the author of The Complete 61 ratings, 3 reviews, published 2005) and Pilates for Men The Lifetime Plan for Strength, Power & Peak [http://www.goodreads.com/author/show/5627655.Daniel\\_Lyon\\_Jr](http://www.goodreads.com/author/show/5627655.Daniel_Lyon_Jr)

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