Developing pilates training model for decreasing the body fat ratio among overweight women. ACTIVE: Journal of Physical Education

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Abstract	
Authors	A Ghazali, M Mansur, N Widanita, G Guntur, F Putra, S Fajaruddin
Journal Name	Sport, Health and Recreation 8 (1), 9-17
Publish Year	2019
Citation	5
Url	https://scholar.google.com/scholar?q=+intitle:"Developing pilates training model for decreasing the body fat ratio among overweight women. ACTIVE: Journal of Physical Education"
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