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Pilates key to Pippa s figure In a testimonial on the Pilates On The Go website Middleton praised her trainer, Margot Campbell.

Pippa middleton's pilates instructor margot

Pippa Middleton's Pilates instructor Margot Campbell to write step-by-step exercise book. Campbell, who operates her Pilates on the Go studio in West London,

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There's no fancy set, no drumbeats, and no modeling of the latest workout fashions in Pilates on the Go. It's just instructor Maria Leone, a mat, a band, and tubing

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