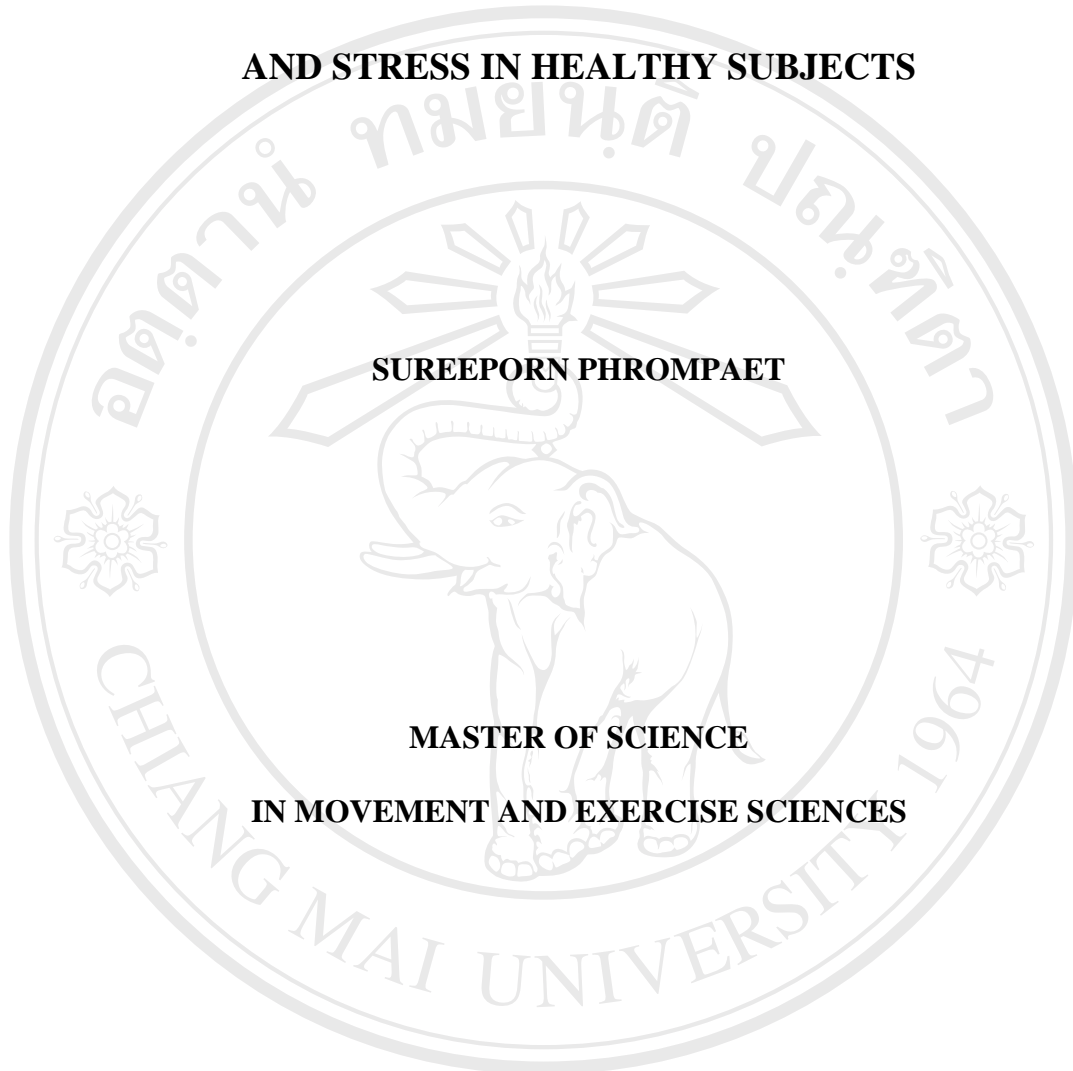


**THE EFFECTS OF PILATES TRAINING ON FLEXIBILITY,  
LUMBO-PELVIC MOVEMENT CONTROL,  
AND STRESS IN HEALTHY SUBJECTS**

**SUREEPORN PHROMPAET**

**MASTER OF SCIENCE**

**IN MOVEMENT AND EXERCISE SCIENCES**



**ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่**

**THE GRADUATE SCHOOL**

**CHIANG MAI UNIVERSITY**

**MARCH 2006**

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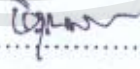
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21 March 2006

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