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Pilates: Step-by-Step Exercises and Sequences (in a Tin)

By Emily Kelly

Anness Publishing, United Kingdom, 2013. Cards. Book Condition: New. 218 x 163 mm. Language: English . Brand New Book. This title features classic pilates postures for strength, flexibility and toning, on 52 sturdy cards contained within an attractive presentation tin box. It is a complete, practical, easy-to-follow Pilates routine, with step-by-step guidance and postures specially chosen for beginners and intermediates. It features over 170 photographs that clearly show how to follow the exercises, and provide specific points of focus and technical tips. Individual cards make it easy to create tailor-made exercise sequences. There are over 55 suggested postures to help build a personalized daily and monthly plan, with stretches, warm-ups and upper and lower body exercises. It offers high-quality, laminated cards for hands-free practice. Pilates is a simple and effective technique, using postures that can be safely carried out at home to improve fitness and tone, and to achieve a stronger and healthier physique. This clearly illustrated and instructive card pack will help you to integrate Pilates into your life with little effort. No matter what your age or ability or level of fitness, the exercises can help realign the body and tap into your core strength by using muscle...



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