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Pilates: The Essential Guide

By Annabel Kent

Need2Know. Paperback. Book Condition: new. BRAND NEW, Pilates: The Essential Guide, Annabel Kent, A healthy mind and body is essential for a healthy life. Pilates offers a system of exercises that will condition both mind and body. This book is an excellent introduction to Pilates, as well as an invaluable companion to those who are already practising the movements. Chapters cover the Pilates fundamentals in detail before moving on to the exercises. Three stages are provided for each exercise, each stage offering challenging progressions as you become fitter and stronger. Diagrams are included with the exercises, as well as teaching points and useful visualisations to help you enjoy a safe and effective workout. This guide is not about sitting down and reading. Its about action. By arming yourself with the essentials, the exercises will strengthen and sculpt your body, creating a flexible, toned and lean physique, as well as helping you to find balance and connection of both mind and body.



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