



Pilates at Home: A Step-by-step Home Matwork Programme to Improve Flexibility, Strength and Body Tone

Kellina Stewart

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A hands-free guide that enables enthusiasts of the mind-body exercise regimen to practise Pilates wherever and whenever they want. Readers will be put through a series of movements - one to a page - that will improve well-being, body tone, flexibility, posture, balance, and strength. Its unique spiral binding means the book can be stood up at eye level where it's easy to see the large photographs illustrating each step. Postures are annotated to show correct breathing techniques so that readers will be able to recreate them safely and effectively when on their own. There are also visualisations, which will help users to "call up" the appropriate muscles. Beginners can start with the basic set of 14 exercises, which is also ideal when time is short, and progress to the full programme of 24 exercises to achieve a more shapely and toned physique.

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