



Pilates: The Complete Body System

Michael King

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This book outlines an exercise programme based on Joseph Pilates' original methods. It comprises a series of low-impact, muscle-strengthening movements that should result in toned limbs, better posture and increased back strength. Using exercises that would be followed in the studio with a personal trainer, the movements are structured so as to allow you to work on the areas that you wish to tone. The exercises are tailored so that you can pick the one that suits you - there are low-energy versions that might be suitable for early morning and another version for when you are feeling very strong and want to work harder. The routine has a series of movements aimed at toning your abs, butt and thighs, all clearly marked so that you know which area you are working on with each movement. The tuition is illustrated with step-by-step sequences, allowing the reader to follow a programme at home, or to better understand the routines taught in a more formal class.

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