



Pilates - The Essential Guide (Need-2-Know)

Kent, Annabel Kent

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Developed to build on the body's core strength in the back, abdominal and pelvic muscles using low impact exercises, pilates has no age limits. Regardless of your level of fitness, pilates can help everyone improve their physical fitness as well as reduce stress levels. Practising pilates also gives the added benefits of helping to alleviate pain from previous injuries and prevent new ones by strengthening those core muscles. Written by a qualified pilates instructor, this book aims to guide people through the learning process with simple instructions, diagrams and information on the basic principles behind the movements and techniques. All the information you need for a safe and effective workout can be found in this book; not only is it a fantastic start for beginners, it is also a great companion to those who are already practising pilates. The book will explain how pilates originated, the basic principles, the fundamentals of pilates, the different exercises and positions and how to move through stages one, two and three of each workout. Author: Annabel Kent

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