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The Pilates Body Kit

Brooke Siler



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NEW The Pilates Body Kit by Brooke Siler (2003) An Interactive Fitness File for Home & Travel This kit contains: 2 CD's: CD #1 for a beginner's level workout including ruling principles, prelimary exercises and modifications. It also offers a detailed introduction to intermediate level Pilates. CD #2 leads you through an intermediate workout, breaking down each exercise and taking you to the next level. 70 flash cards showing tips, modifications, & proper breathing. 64 page workbook with suggestions for creating a regular Pilates practice at home, important background information on the history and methodology of Pilates, and a diary to track progress.

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