



Easy Pilates (Paperback)

By Mina Stephens

Connections Book Publishing Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 154 x 134 mm. Language: English . Brand New Book. Practiced regularly, Pilates can improve every aspect of one's physical and mental health, and in Easy Pilates readers will find routines of varying lengths to suit even the most frantic lifestyles. Designed to inspire people to gain control of their own body and well-being with a back to basics approach to mind-body fitness, this book presents Pilates in its most basic form, with easy-to-follow instructions and clear illustrations that demonstrate the muscle groups that are worked in each exercise. The author shows how anyone can improve all aspects of their physical and mental condition: posture and core strength, back and abdominal muscles, breathing and circulation, flexibility and coordination, reduction of aches and pains—the list goes on and on. It sounds too good to be true, but it really works! The core of the book is the specific sequences which are designed to enable readers to structure their fitness regime around a busy schedule. The forty-five-minute session provides a well-balanced routine working every muscle in the body and building endurance, flexibility, and body awareness. Once they have gained confidence,...



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