



Pilates Body in Motion

By Alycea Ungaro

DK ADULT. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.1in. x 7.1in. x 0.5in. The most authoritative, step-by-step guide to Pilates available on the market. Popular for decades with dancers, athletes, and celebrities, the Pilates Method is the perfect equipment-free workout for a stronger, leaner, fitter body. With great emphasis on precision and awareness, not only is Pilates great for the body, but for the mind as well. Using step-by-step mat-work exercises and a wide range of programs, from beginner to advanced, Pilates Mind and Body is the only practical guide that shows you all of the proper steps to follow and how to avoid common mistakes in your conditioning. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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