

# The Pilates Promise



[The Pilates Promise 下载链接1](#)

著者:Ungaro, Alycea

出版者:Dorling Kindersley Publishers Ltd

出版时间:2004-4

装帧:平装

isbn:9781405303361

Get a whole new body - whatever your shape or size there is a perfect Pilates program for you. Step-by-step exercises help you strengthen, tone and sculpt your body. Follow the progress of each test student with case history notes and use the self-assessment exercises at the end of each week to monitor how you are progressing and see the results for yourself!

作者介绍:

目录:

[The Pilates Promise 下载链接1](#)

标签

评论

---

[The Pilates Promise\\_下载链接1](#)

书评

---

[The Pilates Promise\\_下载链接1](#)