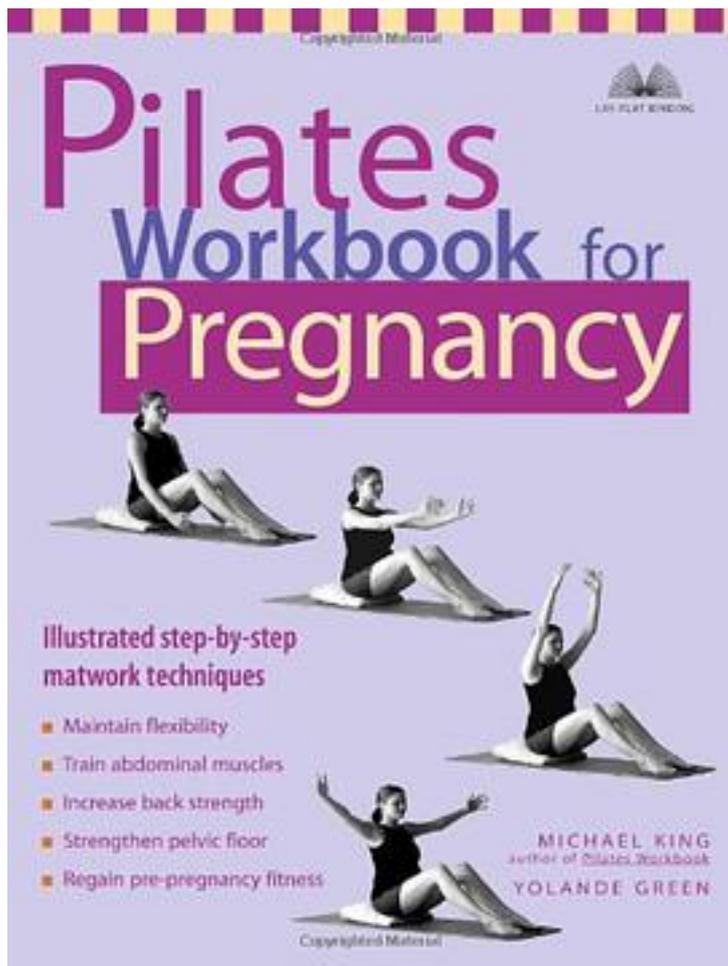


Pilates Workbook for Pregnancy



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Because of its emphasis on focused breathing, gentle stretching, and precise technique, Pilates is an ideal exercise program for expectant mothers. By following the

clear explanations and photo sequences in this book, readers will train and strengthen the body's core muscles -- without danger of strain or injury to mother or unborn child. Strengthening these muscle groups helps ease the effects of labor and aids in swift recovery after pregnancy. The book uses original Pilates matwork techniques to create a program designed specifically for pregnant women.

作者介绍:

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