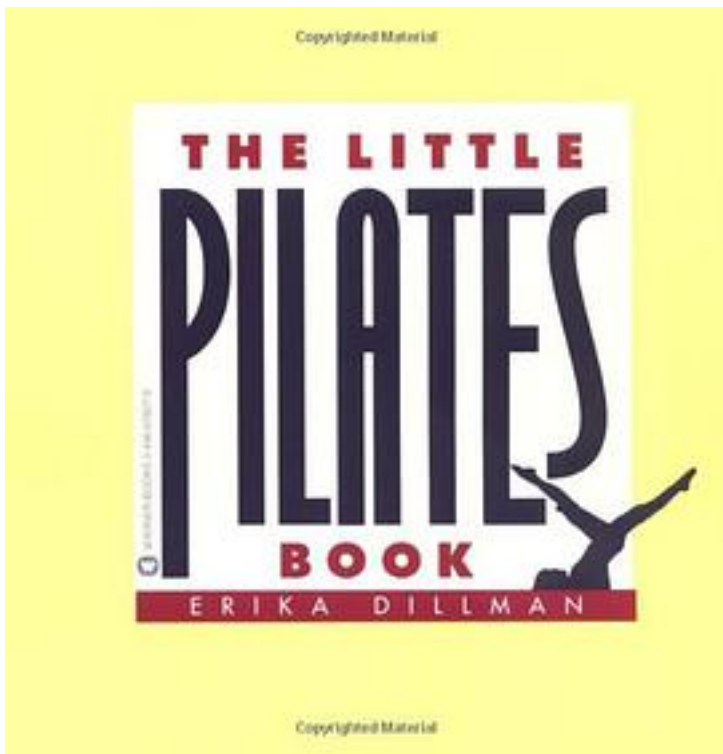


The Little Pilates Book



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Flatten your stomach, tone your thighs, and get rid of love handles - without doing crunches! Now you can enjoy the exercise many Hollywood celebrities swear by, as you too become trim and fit...with pilates! A holistic exercise designed to condition body and mind, pilates helps strengthen core muscles, improve posture, reduce lower back pain, and increase flexibility for a strong, supple body. Complete with easy-to-follow instructions and illustrations, The Little Pilates Book is the perfect introduction to this dynamic mat-exercise programme. Learn: The fundamentals of posture, alignment and movement. Effective exercises to strengthen, stretch and tone abs, thighs and

bum. How to increase strength and power without adding bulk. And exercise variations and modifications for people of all ages and skill levels - from beginners to experienced athletes.

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