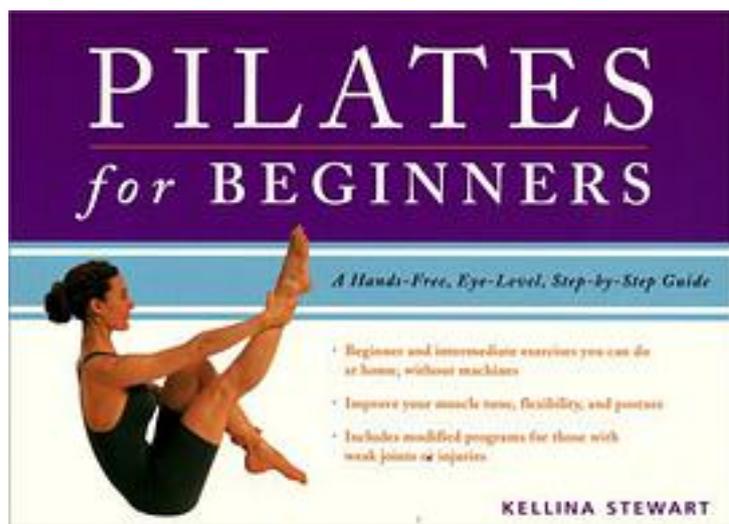


Pilates for Beginners



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An easy-to-follow, stand-up guide to 30 of the most popular Pilates exercises, each designed to streamline and tone your body. There is no need to use Pilates equipment, and the program is suitable for all levels of fitness. Stand Pilates for Beginners at eye level or beside your exercise mat Turn to the beginning of the workout and follow the colorful step-by-step photographs and clearly captioned text Flip the page to begin the next exercise in the program Adjust the level of difficulty by following the guidelines provided Includes practical health advice, cautions, and suggestions for modifying the exercises to ensure complete safety

作者介绍:

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