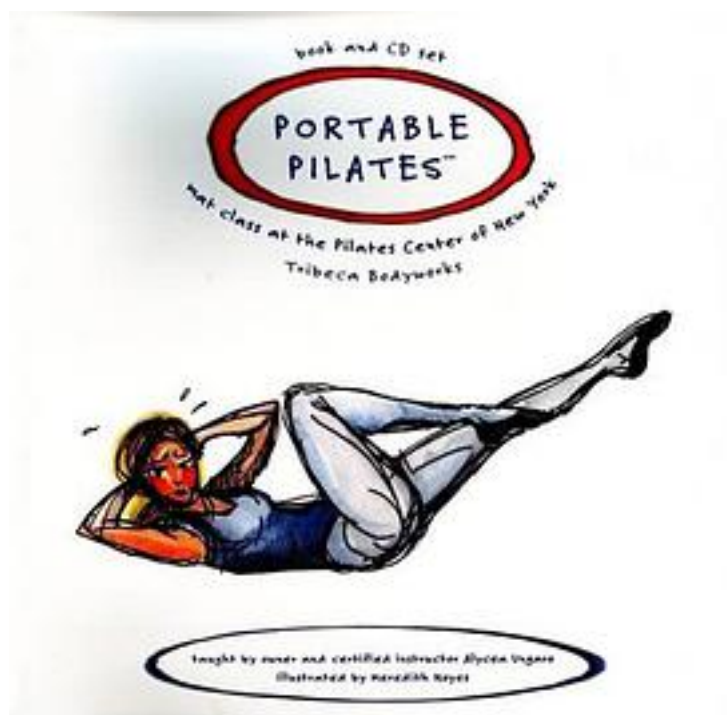


Portable Pilates



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著者:Ungaro, Alycea

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Book & CD. Pilates is probably the most sophisticated and sought after form of exercise today. Since the 1920's it has been used to strengthen and stretch the bodies of professional dancers and athletes alike. Now, after 75 years, Pilates has become mainstream, finding its way into people's homes through dozens of how-to books and videos. Yet, these instructional materials are incomplete. This CD provides the missing ingredient. It allows you to take an actual mat class under the direction and motivating voice of an experienced instructor with no equipment, no pages to turn and no TV required. Portable Pilates is a 45-minute mat class as taught at Alycea Ungaro's Real Pilates in New York City. Owner and certified instructor Ungaro conducts the class in

clear, easy-to-follow instructions. Original music and creative sound effects provide the student with the necessary cues, tempo, and dynamic for each exercise. This item is intended for those with prior Pilates experience.

作者介绍:

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