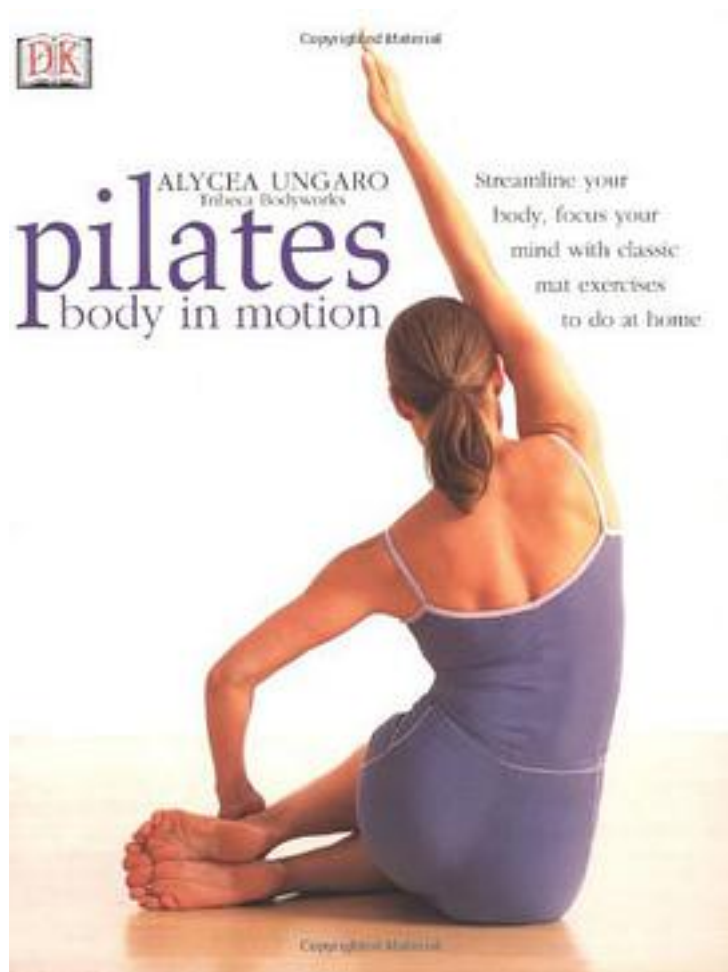


Pilates Body in Motion



[Pilates Body in Motion_下载链接1](#)

著者:Ungaro, Alycea

出版者:Dk Pub

出版时间:2002-3

装帧:Pap

isbn:9780789484000

The most authoritative, step-by-step guide to Pilates available on the market. Popular for decades with dancers, athletes, and celebrities, the Pilates Method is the perfect

equipment-free workout for a stronger, leaner, fitter body. With great emphasis on precision and awareness, not only is Pilates great for the body, but for the mind as well. Using step-by-step mat-work exercises and a wide range of programs, from beginner to advanced, Pilate's Mind and Body is the only practical guide that shows you all of the proper steps to follow and how to avoid common mistakes in your conditioning.

作者介绍:

目录:

[Pilates Body in Motion_下载链接1](#)

标签

评论

[Pilates Body in Motion_下载链接1](#)

书评

[Pilates Body in Motion_下载链接1](#)