



Pilates: The Way Forward

Lynne; Thomson, Gordon Robinson

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Pilates: The Way Forward is equally accessible to both the first-time Pilates exerciser and the experienced practitioner. It offers a whole new range of exercises to get you fit and keep you supple, as well as safely working to remedy your body's problems. It includes: 55 exercises which together form a complete body conditioning regime - the latest medical research supporting the method - the Balanced Body & how to realign it and correct muscle imbalances - workout sessions for daily and weekly use - and more!!

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