



## Pilates (Flowmotion)

*Suzanne Scott*

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*Suzanne Scott*

## **Pilates (Flowmotion)** Suzanne Scott

Using the revolutionary Flowmotion system of displaying movement on the page, this is the ultimate guide to the dynamic movement regime, Pilates. The book guides the reader through over sixty movements specially designed to optimize body movement and control. Pilates provides readers with a complete and visual reference to one of the world's fastest-growing exercise regimes. Due to the anatomical approach to exercise, Pilates can improve your body's performance and help solve muscle, joint and spine problems in order to create a supple and well-formed physique. The book starts with an introduction to Pilates along with safety practise tips. It then provides remedial exercises before moving on to the main routine of Pilates exercise. Each exercise is graded beginner, intermediate or advanced, and is accompanied by captions giving tips on practise.

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