



Pilates for Beginners

Roger Brignell

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Improve your body shape and mental well-being with Pilates--one of the fastest-growing and most popular fitness methods in the world. With Pilates, which emphasizes working the mind and body together, you can gradually shape and tone your muscles, increase flexibility, and improve your posture, balance, stamina, coordination, concentration, and ability to relax. Illustrated with full-color photographs, this handy guide contains everything you need to get started on a Pilates program. Begin with a look at how the technique developed and how it complements modern medical thinking, and then explore the basic principles of Pilates. After you've prepared your mind and body through simple positioning, focusing, and breathing exercises, you're ready to get started on your fitness program. Every exercise is broken down into its component steps, and, where appropriate, lower intensity options are included. Featuring beginning, intermediate, and advanced routines, this introduction to Pilates is perfect for people of all fitness levels.

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