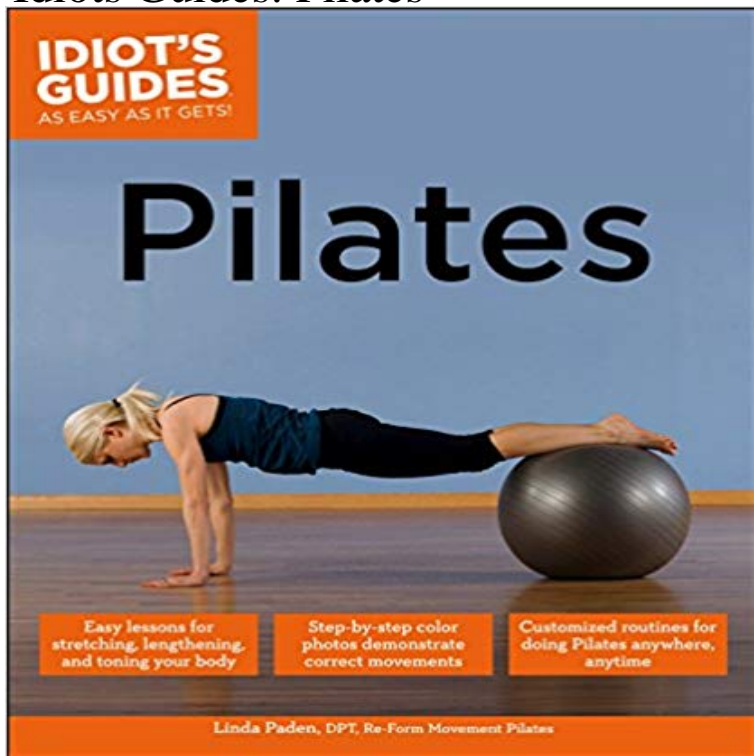


Idiots Guides: Pilates



Pilates is one of the healthiest activities you can do for your body with improvements in flexibility, posture, and strength, and decreases in back, neck, and joint pain. And, while more advanced Pilates requires the use of expensive machines (reformers) in a studio, a considerable amount of Pilates can be performed at home using only a mat, and a few simple props such as bands and balls. Idiots Guides: Pilates is a beginners guide to Pilates at home. It teaches beginners the benefits of performing Pilates at home, and the right and wrong ways of performing Pilates routines. This beautiful, highly-visual guide uses color photos to teach readers loads of exercises, and gives them multiple routines that will help improve sports performance, or help eliminate chronic pain in the body.

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