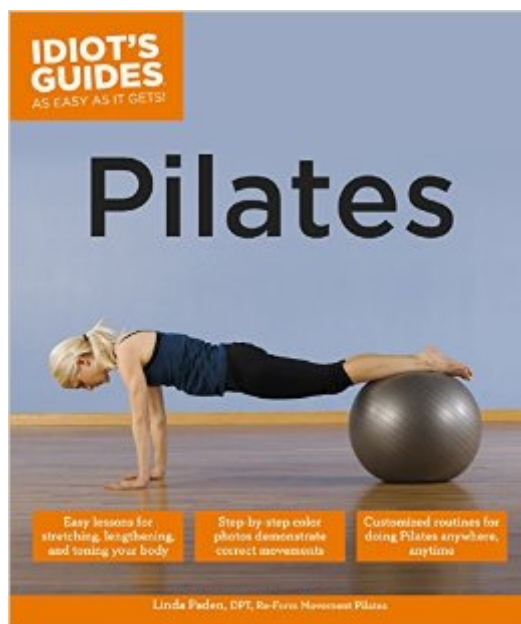


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# Idiot's Guides: Pilates



## Synopsis

Pilates is one of the healthiest activities you can do for your body. Using this full-color, highly-visual book for beginners, *Idiot's Guides: Pilates* will improve flexibility, posture, and strength — all while decreasing back, neck, and joint pain. The step-by-step instructions feature Pilates skills at-home — using only a mat, bands, and balls — without the need for all of the expensive machines found in a studio.

## Book Information

Series: *Idiot's Guides*

Paperback: 288 pages

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Product Dimensions: 7.8 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars — See all reviews (5 customer reviews)

Best Sellers Rank: #1,139,756 in Books (See Top 100 in Books) #177 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #2647 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

This is one of the most clearly illustrated Pilates books I have in my collection. Each exercise is easy to follow with emphasis on correct movement. I refer to it often for my daily workout. I also incorporate many of the exercises as part of my pre-golf routine.

I have done Pilates for 5 years and always learning new techniques or improving on my current form. This book provides detailed, easy to understand explanations plus very clear, large photos showing proper movements and body alignments. I also loved the challenge yourself or make it easier tips, the color coded tabs, integrating equipment for certain exercises and the various programs to try. This book is extremely helpful for beginners all the way to the advanced—a must have for anyone doing Pilates!

Awesome book!! Very informative with easy to follow workouts. Great pictures. Would highly

recommend this book for all levels and Pilates experience.

I am an intermediate Pilates student. I've come a long way :) This book is fantastic and illustrates beginner and advanced positions. I highly recommend this book! Buy it!!! Great looking pictures help you along the way!

At first I didn't know what to expect, I was an idiot in need of moving and living well. When the book arrived in the mail, I was very pleased with the aesthetics of the orange labeling which made it ideal to leave out in the open for guests to admire. Upon studying the colorfully attractive book, I quickly began developing heroic tendencies. Skills of a physical nature such as the jackknife, the open-leg rocker, the double-leg kick, the butt blasters, the helicopter, and even, for the environmentalist in me, how to properly hug a tree! Suddenly I found myself frequently saving children from territorial herds of aggressive moose, flying into trees to save helpless kittens and squirrels, and championing a community program encouraging proper tree hugging techniques in public places. See for yourself, this Pilates book is truly as easy as it gets!

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