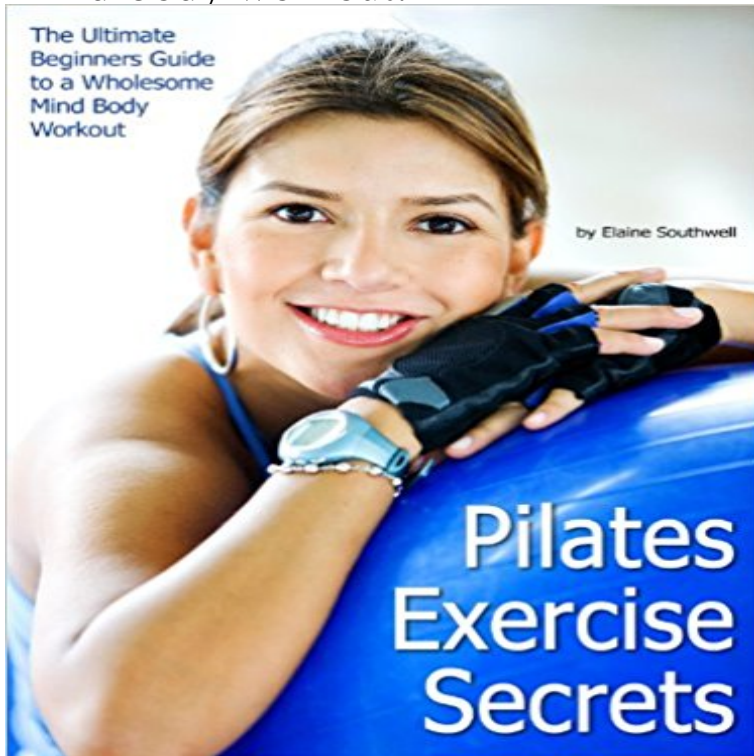


Pilates Exercise Secrets: The ultimate beginners guide to a wholesome mind-body workout.

Pilates Exercise Secrets: The ultimate beginners guide to a wholesome mind-body workout.



Pilates is truly one of the most popular physical fitness systems today. Many gyms and fitness centers are offering Pilates classes with thousands of people practicing it throughout the world. Pilates helps people not just achieve their physical goals, but also helps them improve body balance and overall posture. But, just like all other special physical exercises, Pilates has its own set of style and mechanics. To be able to acquire and maximize the full benefits of the activity to the body, you need to learn the special tasks and body positions used in the practice of Pilates. Just like in all exercises, coordination of physical stress and breathing is the key to effectiveness of the exercise. Whether you are discovering Pilates for the first time, or a practitioner looking for more information, the Pilates Exercise Secrets ebook will not disappoint.

TABLE OF CONTENTS

INTRODUCTION What Is Pilates? Six Pilates Principals Benefits from Pilates Disadvantages The Origins of Pilates Forms of Pilates Winsor Pilates PILATES EXERCISES Getting Started Preparing for Your Pilates Class Beginning Mat Pilates Main Pilates Exercises Pilates as a Way of Life Tips to Get Maximum Benefit from Pilates The expenses involved Props and Equipment for Pilates Pilates versus Yoga - Whats the Difference? IS PILATES RIGHT FOR YOU? Pilates for Rebuilding Strength and Flexibility How Pilates Can Help Your Weight Loss Pilates for Stress Relief and Wellbeing How Pilates Can Improve Your Running Hollywood Legs Made Attainable with Pilates How Kids Can Benefit from Pilates Pilates for Pregnant Women Pilates and Pregnancy - Dos and Donts Pilates For The Disabled Seniors: Why You Should Try Pilates Who Should Not Do Pilates THE FINAL CHAPTER Pilates at Home Pilates Resources

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