



Pilates: Creating the Body You Want

Anna Selby, Alan Herdman

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Pilates: Creating the Body You Want Anna Selby, Alan Herdman

The Pilates technique teaches you how to use your body correctly. This practical guide to Pilates presents a series of step-by-step exercise routines that are designed to ease aches, improve mobility, release tension, strengthen and tone your abdomen, lift your buttocks, and banish back ache. A warm-up routine is included to focus the mind and prepare the body. This is followed by three levels, each one working every part of your body. When you can perform each movement in a level comfortably, you move on to the next level. The book also provides a self assessment to help you identify your strengths and weaknesses and to see how you improve as you work through the routines in the book.

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