



# The Pilates Handbook (Young Woman's Guide to Health and Well-Being)

*Roger Brignell*

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Pilates is an exercise system that is suitable for all people regardless of age and fitness level. It improves posture, strengthens the core muscles, and helps increase stamina, flexibility, and poise. The Pilates Handbook looks at the origins and development of Pilates, and how it can enhance mental as well as physical well-being. The exercise section begins with some basic warm-up movements, then works through a series of beginner, intermediate, and advanced exercises. It also demonstrates exercises using a Swiss ball and other equipment. Whether the reader already uses the Pilates method or is an absolute beginner, The Pilates Handbook is an excellent and indispensable guide.

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