

Fundamental Pilates Poster



Filesize: 3.92 MB

Reviews

Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.
(Mrs. Macy Stehr)

FUNDAMENTAL PILATES POSTER



Human Kinetics Publishers, United States, 2014. Poster. Condition: New. Language: English . Brand New Book. Featuring the same stunning four-color artwork seen in the best-selling book *Pilates Anatomy*, the Fundamental Pilates Poster will help you correct alignment, posture, and movements while building a stronger, more articulate body. The Fundamental poster presents nine essential Pilates exercises: - Pelvic curl - Chest lift - Leg lift supine - Leg lift side - Leg pull side - Spine twist supine - Chest lift with rotation - Back extension prone - One-leg circle Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the Fundamental Pilates Poster will be a one-of-a-kind resource that you ll refer to again and again. Individual poster size: 24 by 31 inches (60 by 80 cm) Posters can be purchased individually or as a series.



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