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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Official Body Control Pilates Manual: The Ultimate Guide to the Pilates Method - For Fitness, Health, Sport and at Work, Lynne Robinson, Gordon Thomson, Helge Fisher, Jacqueline Knox, Pilates body conditioning is today's fitness buzzword, and following the storming success of Lynne Robinson and Gordon Thomson's original "Body Control: The Pilates Way", a variety of books have appeared - none as authoritative, practical, safe and geared towards solving your body's problems as...

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- Authored by Lynne Robinson, Gordon Thomson, Helge Fisher, Jacqueline Knox
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