



Pilates Matwork Props Workbook: Illustrated Step-by-step Guide (Paperback)

By Ellie Herman

Ulysses Press, United States, 2004. Paperback. Book Condition: New. 254 x 193 mm. Language: English . Brand New Book. AMPLIFY YOUR PILATES WORKOUT USING PROPS Pilates gets even better when paired with these simple accessories. Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine: The elastic exercise band increases resistance The ethafoam roller creates stability challenges The Magic Circle gives a great inner thigh workout Each movement is explained with clear captions and easy-to-follow photo sequences. Special programs for strains, injuries and chronic problems are also featured. In addition to strengthening and toning your body, Pilates with props helps you: Build balance Release tension Alleviate pain Rehabilitate injuries.



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