



An Introduction to Pilates

Joyce Gavin

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Pilates approach to exercise can be used by almost anyone and there is no age starting point or limit. Since the exercises are gentle, any strain on the body is at a minimum. This reduces the risks of injury during and after exercising. Pilates movements reach deep into the body, stimulating good muscle development and a more effective circulation. Entire book consists of pilates exercises that are illustrated with detailed photographs and instructions.

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