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PilateSystem: Body Conditioning Using the Joseph Pilates Method (Hamlyn Health & Well Being)

Eleanor McKenzie, Trevor Blount

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A practical introduction to Pilates, an alternative method of mental and physical fitness incorporating elements of yoga and classical dance; The method is recommended by world class dancers and athletes and has gained worldwide recognition as a form of controlled exercise; Enables experienced and novice Pilates practitioners to enjoy the benefits at home, at work or while travelling; Includes exercise plans, along with sections on posture, breathing, warm-ups and the use of weights; Plus tips on the prevention and treatment of common ailments

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