



# A Morning Cup of Pilates (The Morning Cup series)

*Marsha Dorman*

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## **A Morning Cup of Pilates (The Morning Cup series)** Marsha Dorman

A colorfully illustrated 15-minute exercise routine designed to introduce the reader to the basics of Pilates—a fitness program that is becoming more and more popular. This body sculpting technique has been used for years by dancers to build long, flexible muscles, increase body awareness, and improve posture. Now anyone can do Pilates at home, without any special equipment aside from a kitchen chair. The entire routine is done sitting or standing. Pilates uses a combination of stretching and resistance against the body's own weight to achieve an improved overall fitness profile, reducing both pounds and inches. The audio CD walks readers through the entire routine.

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