



Idiot's Guides: Pilates

Linda Paden

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Pilates is one of the healthiest activities you can do for your body. Using this full-color, highly-visual book for beginners, *Idiot's Guides: Pilates* will improve flexibility, posture, and strength — all while decreasing back, neck, and joint pain. The step-by-step instructions feature Pilates skills at-home — using only a mat, bands, and balls — without the need for all of the expensive machines found in a studio.

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