



# **Comprehensive Matwork: Stott Pilates Technical Manual (Includes Complete Range of Matwork Exercises, To Reinforce and Build Upon Workshops and Training Courses)**

*Joseph H. Pilates*

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## **Comprehensive Matwork: Stott Pilates Technical Manual (Includes Complete Range of Matwork Exercises, To Reinforce and Build Upon Workshops and Training Courses) Joseph H. Pilates**

This manual reinforces and builds upon what you've already learned in workshops and training courses. This companion guide will help you continue to master your craft. Includes complete range of Matwork exercises, which are executed using specially designed Stott Pilates equipment. Modifications are included to accommodate certain weaknesses or to make an exercise more challenging. This manual is intended for those training and being certified or attending workshops. Consists of more than 500 systematic mat and equipment based exercises, including unique preparatory, essential, intermediate and advanced level workouts, as well as balanced exercise sequences and modifications to address special populations.

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