



# Pilates Expanded Reformer, Cadillac, Wunda Chair & Barrels Photo Encyclopedia

Eme Cole

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## **Pilates Expanded Reformer, Cadillac, Wunda Chair & Barrels Photo Encyclopedia** Eme Cole

This Pilates Expanded photo encyclopedia is designed for Pilates instructors and experienced Pilates enthusiasts who wish to expand their repertoire of Pilates inspired exercises and variations. They are comprised of a multitude of movements for a variety of designated apparatus' with basic cuing plus instructive photos to appease the visual learner. This photo encyclopedia is 4 manuals in 1 making it the largest collection of exercises available for the Reformer, Cadillac, Wunda Chair and Barrels, including both traditional and progressive movements. The book totals 362 pages, 916 exercises, and 1,783 color photos. For more information, visit [www.PilatesExpanded.com](http://www.PilatesExpanded.com)



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