



Pilates: Realize Your Potential and Discover Grace, Power and Supple Movement with Pilates (A FlowMotion Book)

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Pilates is the most popular exercise system going--just try it and you'll know why! It works out the entire body, keeping you limber and strong everywhere. The principles of the system are beautifully outlined here, with details on posture, breathing, and other techniques you need to train safely. Each exercise has so many benefits: even the simple pussy cat and ankle stretch increases flexibility and fortifies the heart, lungs, thymus, and thyroid gland, too. Bonus: basic remedial exercises to fix up what's ailing you!

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