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## Pilates: Simple Techniques for a Strong, Lithe, Healthier Body

By Emily Kelly

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Pilates: Simple Techniques for a Strong, Lithe, Healthier Body, Emily Kelly, Pilates works all the muscle groups in your body - with dramatic results. It can streamline your figure, making you longer and leaner, give you incredible posture and physical presence, build up your strength, and free you from any persistent little aches and pains. Pilates focuses on gaining muscle alignment, achieving a flexible spine and obtaining what is called 'core strength' - when the abdominals and back muscles create a girdle of strength that supports your torso effortlessly. Pilates can align your muscles and teach you balance with easy, efficient movements. Basic starter exercises and more advanced positions challenge you as you progress.



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