



Pilates Personal Trainer Thighs and Butt Workout: Illustrated Step-by-Step Matwork Routine

Michael King, Yolande Green

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General Pilates books do not necessarily address each person's individual needs. This targeted workout to shape and slim the thighs and buttocks includes material on proper technique and outlines how Pilates enthusiasts can add this workout to their overall Pilates exercise routines. The 100 step-by-step photo sequences in a lay-flat binding makes this book easy to use.

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