



Pilates with Workout Circle

Dina Matty, Keft Burdell

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The Pilates Method is a unique approach to exercise that improves core strength, flexibility, and range of motion. It can transform the way your body looks, feels, and performs. The Pilates Method has been used by professional dancers for developing strength and fitness at all levels. You can now take these original Pilates exercises to the next level by introducing the workout circle, which gives an added challenge to your basic workout by increasing the intensity of the exercises. Dina Matty and Keft Burdell, both experienced Pilates teachers, take you step-by-step through a workout program that is based on Joseph Pilates original sequence of exercises. Your experienced instructors show how to incorporate the workout circle into your Pilates workout at your own pace, safely and efficiently, shaping and toning the thighs and bottom, and gaining greater strength in the upper body. Pilates with Workout Circle is beautifully illustrated with full-color photographs and detailed instructions. Easy to follow and simple to understand, it is an ideal guide to the perfect home-based workout with an added intensity. --- from book's back cover

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