



# **Pilates' Body Conditioning: A Program Based on the Techniques of Joseph Pilates**

*Anna Selbey, Alan Herdman*

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The world is rediscovering the Pilates method as a great way to get into top physical shape. This photo-illustrated manual points the way to a toned and flexible body, following the time-proven Pilates "thinking exercise" routines. Approximately 75 years ago, calling on the mind to work precisely with body muscles, Joseph Pilates developed exercises that produce flatter stomachs, longer limbs, stronger backs, and the poise of a dancer. This book takes men and women of all ages and abilities through the fundamentals of good posture, then presents warm-up exercises, followed by a complete regimen of exercises for every important muscle of the body. Captioned step-by-step full-color photo illustrations demonstrate each exercise.

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