



# Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body

*Anthony Lett, Kenyi Diaz*

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This Pilates reformer stretching book/class is for anyone (not just men!) who are stiff in all the wrong places! There is one stretch for each of the major muscles groups of the body. Each stretch has been deliberately selected for “any body” who can’t touch their toes, who sit at their desk all day, who has any kind of stress, back or neck pain, or who wakes up in the morning feeling less like a well-oiled machine and more like the Tin-man (or Tin-person). Tried over a 15-year period with thousands of students in his “Stiffies” Pilates classes, Anthony Lett selected this beginners class for its safety and simplicity. There is a deliberate lack of complexity so that you can easily feel what ought to be felt. This feature, and the Pilates reformer itself will mean there is no more guessing ‘Am I doing it right?’ The simple step by step cues and incredible anatomical images add another dimension to the material, allowing teachers and students to see inside every exercise. You can follow along for 60 to 90 minutes, or choose the series that is just right for your body.

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#### **Beverly Hummell:**

Reading can called mind hangout, why? Because when you are reading a book specifically book entitled Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body your mind will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely might be your mind friends. Imaging each and every word written in a publication then become one web form conclusion and explanation that maybe you never get ahead of. The Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body giving you an additional experience more than blown away your thoughts but also giving you useful details for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary investing spare time activity?

#### **Tina McKinney:**

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