



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). TRIaled 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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