



Health Series: Pilates for Core Strength

Sandie Keane

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Gentle yet powerful Pilates, which targets the deep postural muscles, is the best way to improve core strength and stability, stay in shape, and prevent injuries. Photographs guide newcomers through every posture in this comprehensive introduction, so it's easy to start achieving optimal strength, flexibility, and stamina. There's information on analyzing your posture, and specific exercises to target each type. Just one of the 30-minute programs a day can make a big difference.

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