



Simply Pilates Book & DVD

Jennifer Pohlman

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Contents Introduction The Benefits Practical matters Centring & Breathing (this is how it is spelled)
Breathing Exercise Posture Awareness & Pelvic Stability Spinal Mobility Abdominal Warm-Up Abdominal
Strengthening Spinal rotation Side Stability, Gluteals & Inside thighs Scapula Stability & Back
Strengthening Full Body Integration Stretches Glossary Conclusion About the Author

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