



Pilates (Hardback)

By Lesley Ackland

HarperCollins Publishers, United Kingdom, 2001. Hardback. Book Condition: New. 176 x 166 mm. Language: N/A. Brand New Book. First Directions -- an inspirational source of information, insights and practical techniques to change your life. Pilates is an exercise system traditionally used by ballet dancers and models, that is designed to make your body longer, leaner and stronger. The soft exercises combine low-impact but high-energy movements with realignment of posture to build your flexibility, stamina and strength. Designed to work for all ages and at all levels of fitness, the short Pilates exercises will soon leave you energized and exuding total confidence and grace. Lesley Ackland has designed a Pilates session to fit every part of your day and to tone every part of your body, and in just 15 minutes a day you too can have the lithe and beautiful body of a dancer.



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