



Pilates

Lesley Ackland

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In this easy-to-follow full color guide, you can use Pilates to reshape your body and transform your life. 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.

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