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contact lists for certified Pilates instructors those also certified in Standing Pilates and Pilates Certifying Studios The **Physique 57(R) Solution** Tanya Becker, Jennifer Maanavi, 2013-01-08 What if you could achieve your best body starting now THE PHYSIQUE 57 SOLUTION celebrity praised and widely loved is designed to systematically sculpt your muscles to create a lean beautiful shape This unique effective workout combines interval training isometric exercises and orthopedic stretches to rapidly and dramatically transform your body No matter your level of fitness the Physique 57 technique will keep you challenged motivated and entertained Now combined with a healthy and delicious meal plan this two week program will help you get your best body fast Discover Step by step groundbreaking workouts offering major calorie burn A bonus DVD with a 30 minute workout you can do anywhere anytime A super slimming two week meal plan Innovative choreography including muscle defining arm exercises intense seat and thigh sequences and waist chiseling ab moves A variety of flavorful and healthy recipes for breakfast lunch dinner snacks and dessert Drop pounds lose up to 10 inches and transform into the best version of vourself **PILATES BODY IN MOTION**, **Pilates For Dummies** Ellie Herman, 2011-04-18 A user friendly guide that teaches you the origins and philosophy of the Pilates method and helps you set realistic fitness goals and custom tailor a program Once the secret fitness weapon of professional dancers athletes and movie stars Pilates is sweeping the country and becoming more popular than ever If half of what its many fans claim is true then it s easy to see why Combining elements of yoga dance gymnastics and boxing along with many original movements Pilates exercises build muscle tone improve flexibility and balance lengthen the spine increase body awareness and repair past injuries Most people who ve done it even for a short time say they feel stronger and more energized centered and physically confident than ever before They also like having the flat tummies tight buns and long lean thighs of a dancer Pilates For Dummies is your gentle introduction to the Pilates method without the high cost of private instruction Packed with easy to follow exercises an plenty of photos it helps you develop your own Pilates fitness program to do at home or in the gym and how to use eight basic Pilates principles to get the most out of your mat based routines With this practical guide by your side you can Look and feel better than ever Get stronger more flexible in control and less prone to injury Target and tone problem areas Tone and strengthen your abs buns thighs and arms Repair chronic stress and sports injuries Whether you re just starting out with Pilates or know a few exercises and want to learn more the book covers Basic intermediate and advanced mat exercises How to use Pilates exercise equipment and accessories How to target specific areas of your body including the stomach back thighs and chest Pilates for the pregnant and recently pregnant body How Pilates can help heal injuries and reform your posture The fun of combining Pilates with other forms of exercise including yoga swimming aerobics and more Additionally you ll learn simple ways to incorporate Pilates into your everyday life changes you can expect to see from practicing Pilates and questions to ask if you decide to join a Pilates studio or hire a Pilates instructor Get your copy of Pilates For Dummies to start designing a Pilates fitness program just for you The 'Made in Germany' Champion Brands Ugesh A. Joseph, 2016-03-09 Germany s

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