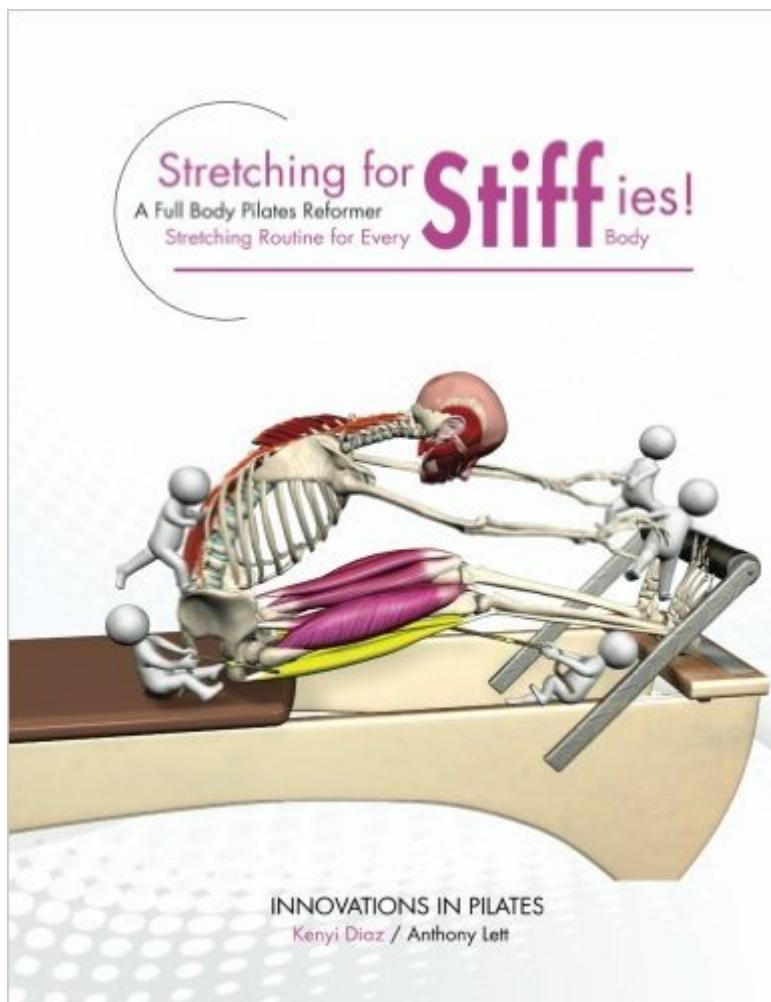


The book was found

Stretching For Stiffies: A Full Body Pilates Reformer Stretching Routine For Every Body



Synopsis

This Pilates reformer stretching book is for anyone (not just men!) who are stiff in all the wrong places! The stretches have been deliberately selected for a œany body who can't touch their toes, who sit at their desk all day, who has any kind of stress, back or neck pain, or who wakes up in the morning feeling less like a well-oiled machine and more like the Tin-man (or Tin-person). Tried over a 15-year period with thousands of students in his œStiffies Pilates classes, Anthony Lett selected these stretches for their safety and simplicity. There is a deliberate lack of complexity so that you can easily feel what ought to be felt. This feature, and the Pilates reformer itself, will mean there is no more guessing Am I doing it right? The simple step by step cues and incredible anatomical images add another dimension to the material, allowing you to see inside every exercise. For teachers or students, this class has at least one stretch for every muscle group in the body. You can follow along for 60 to 90 minutes, or choose the series that is just right for your body.

Book Information

Paperback: 56 pages

Publisher: Rebus Press (September 5, 2016)

Language: English

ISBN-10: 0977509982

ISBN-13: 978-0977509980

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars  See all reviews (1 customer review)

Best Sellers Rank: #199,736 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

Customer Reviews

Not that impressed with this book. It doesn't have any really illuminating ideas and isn't that easy to read. The quality of it is a little flimsy too.

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Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products,

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