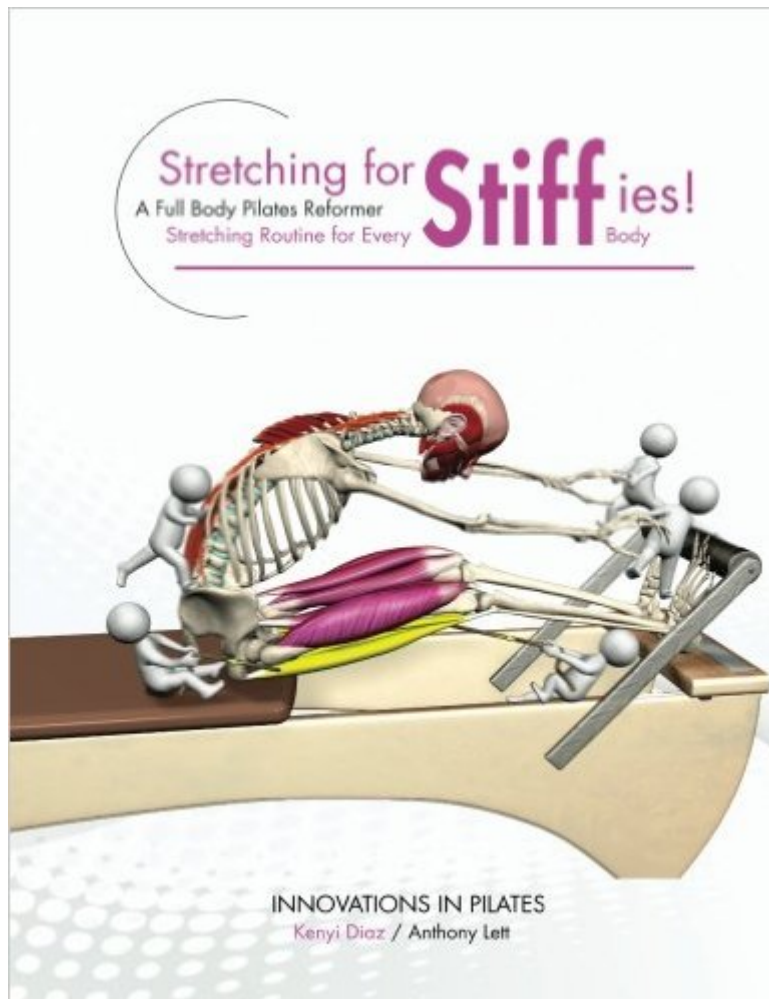


The book was found

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 anyone 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 Stiffies 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,

How to Age Well, Nails, Hair, Skin) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Introduction to Yoga and Pilates Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain VOLUPTUOUS COLLECTOR'S GUIDE: ALL NATURAL - 100% SILICONE FREE: FOR THE DISCERNING WEIGHT WATCHER - EVERY COVER OF EVERY ISSUE 1994-2013 The GIRLS of PENTHOUSE MAGAZINE COLLECTOR'S GUIDE: EVERY COVER OF EVERY MAGAZINE 1977-2014 Bread Machine Cookbook: 101 Delicious, Nutritious, Low Budget, Mouthwatering Bread Machine Cookbook: Best Bread Machine Bread Recipe Recipes for Perfect-Every-Time Bread-From Every Kind of Machine Vegetarian: The Beginners Guide to a Vegetarian LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Every Body's Guide to Everyday Pain What Every Singer Needs to Know About the Body, Third Edition BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Braids & Buns, Ponies & Pigtails: 50 Hairstyles Every Girl Will Love

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