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The Pilates Difference

By Jennifer Dufton

Basic Health Publications. Paperback. Condition: New. 128 pages. Dimensions: 10.1in. x 7.6in. x 0.4in. Pilates is recognized as one of the most effective forms of exercise for improving stamina, coordination, strength, general health, vitality, and concentration. The Pilates Difference brings this system of exercise—which is commonly practiced in gyms, studios, and sports clubs—into a reader's own home. The book is suitable for beginners as well as for those already enrolled in a Pilates program. The unique matwork program presented in *The Pilates Difference* was developed by top Pilates instructor Jennifer Dufton. Before detailing the easy-to-follow, three-level Pilates program, Dufton discusses the philosophy behind Pilates and its overall mind and body benefits. A description of each exercise is accompanied by full-color photographs, which clearly illustrate correct positioning for each sequence. Specific body benefits for each exercise are explained, modifications to the exercises are offered, cautions are given, and important points are made. Overall, following the Pilates program improves the way people think and feel about their bodies, as well as the way their bodies look. This item ships from multiple locations. Your book may arrive from Roseburg, OR, or La Vergne, TN. Paperback.



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