



The Pilates Plan (Pyramid Paperbacks)

Jennifer Dufton

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Unlike many other forms of exercise, which tend to concentrate on the superficial muscles of the body, Pilates works the deeper muscles as well, so the whole body gets a balanced workout. With this carefully devised programme you can work at home at your own pace, tailoring exercises to suit your individual needs. Watch points and variations accompany each step-by-step exercises so you can check your technique and get the most from your workout. See the dramatic results for yourself - firmer muscles, a flatter stomach, improved flexibility, balance and co-ordination, less tension and stiffness - and feel more relaxed and confident after just 30 sessions.

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