



Pilates Upper Body Core Training Notebook: Record your Pilates Notes

M. Johnson

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When evaluating the Pilates method and analyzing its effectiveness, the emphasis on rhythmic breathing, mental focus, motor learning, individualized practice, and total core control cannot be parceled out. An exercise must be executed correctly to master the precision and flow and, ultimately, the transference to functional activities. Get stronger and leaner with "Effective Upper Body Core Training". Record your Pilates notes in your personal journal. Record the results of your upper body core training, how many times a week you've done a Pilates exercise workout, what strengthening exercises you performed and you can even record how many times within the week that you didn't do any physical fitness routine.

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