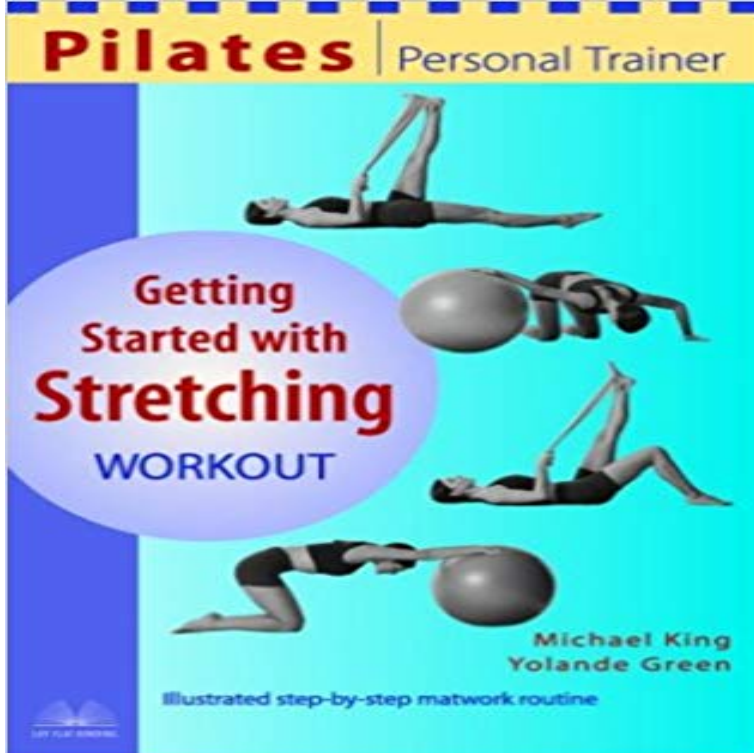


Pilates Personal Trainer Getting Started with Stretching Workout: Illustrated Step-by-Step Matwork Routine



Ideal for beginners, Pilates exercises in this book offer a gentle workout of light strength movements and key stretches. An easy-to-use format includes step-by-step photo sequences and a lay-flat binding.

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