



The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness

Brooke Siler

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Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of *Women's Health* to offer a comprehensive, authoritative manual on this proven fitness philosophy.

Trained by Joseph Pilates's protege, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves--and *The Women's Health Big Book of Pilates* guides readers in every step (and leg lift..) of the way. Using the body as the ultimate fitness vehicle and taking inspiration from yoga, dance, and strength training, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including:

- Tricks to incorporate Pilates at work, in travel, and daily routine
- What props best boost your workout and what to skip
- Pilates principles to help combat lower back pain, stress, low energy, and more!

From basic mat moves to the right foods that fuel a lean, toned figure, *The Women's Health Big Book of Pilates* is the go-to guide for beginners and experts alike.

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