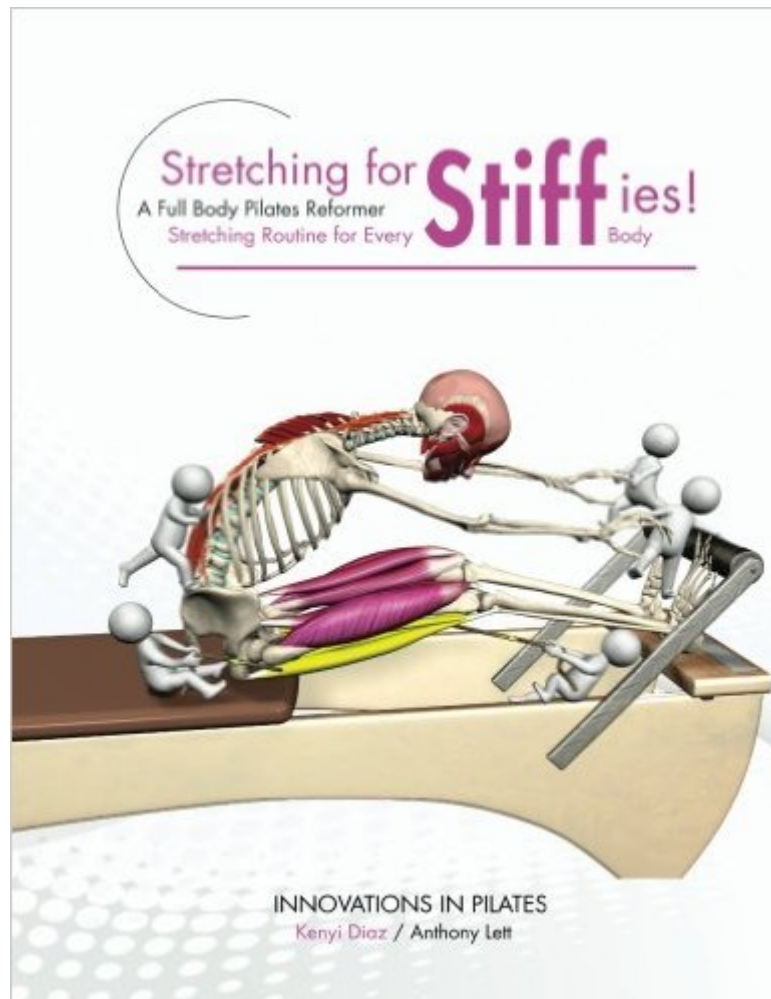


The book was found

Stretching For Stiffies: A Full Body Pilates Reformer Stretching Routine For Every Body



Synopsis

This Pilates reformer stretching book is for anyone (not just men!) who are stiff in all the wrong places! The stretches have been deliberately selected for "every body" • who can't touch their toes, who sit at their desk all day, who has any kind of stress, back or neck pain, or who wakes up in the morning feeling less like a well-oiled machine and more like the Tin-man (or Tin-person). Tried over a 15-year period with thousands of students in his "Stiffies" • Pilates classes, Anthony Lett selected these stretches for their safety and simplicity. There is a deliberate lack of complexity so that you can easily feel what ought to be felt. This feature, and the Pilates reformer itself, will mean there is no more guessing "Am I doing it right?" • The simple step by step cues and incredible anatomical images add another dimension to the material, allowing you to see inside every exercise. For teachers or students, this class has at least one stretch for every muscle group in the body. You can follow along for 60 to 90 minutes, or choose the series that is just right for your body.

Book Information

Paperback: 56 pages

Publisher: Rebus Press (September 5, 2016)

Language: English

ISBN-10: 0977509982

ISBN-13: 978-0977509980

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars • See all reviews (1 customer review)

Best Sellers Rank: #199,736 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

Customer Reviews

Not that impressed with this book. It doesn't have any really illuminating ideas and isn't that easy to read. The quality of it is a little flimsy too.

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Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal

Your Body) DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season The Struggle for Social Justice in British Columbia: Helena Gutteridge, the Unknown Reformer A Reformer on the Throne: Sultan Qaboos bin Said Al Said Rabbi Max Heller: Reformer, Zionist, Southerner, 1860-1929 (Judaic Studies Series) Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)

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