

<<(5分钟普拉提)5 MINUTE PI>>

图书基本信息

书名：<<(5分钟普拉提)5 MINUTE PILATES>>

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内容概要

Pilates has captured the attention of exercise enthusiasts everywhere. This total-body workout is outlined in the 32-page booklet, and an elastic workout band enables the reader to get right to the stretch of things.

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书籍目录

GENERAL WELL-BEING MODERN-DAY PILATES BENEFITS WHO CAN BENEFIT FROM PILATES? THE
BASICS PELVIC STABILITY SEMI-SUPINE PELVIC ELEVATOR SHAMSTRING CURL THORACIC
BREATHING TOE DIPS WITH BAND TABLE TOP BALANCE ROTATION SINGLE LEG STRETCH ARM
OPENINGS BACK RELEASE (KNEES TO CHEST) CHILD'S POSE RELAXATION

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