



# Pilates Anatomy Poster Series

*Human Kinetics*

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Featuring the same stunning four-color artwork found in *Pilates Anatomy*, the *Pilates Anatomy Poster Series* consists of two posters that will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The *Fundamental* poster presents nine essential Pilates exercises:

- Pelvic curl
- Chest lift
- Leg lift supine
- Leg lift side
- Leg pull side
- Spine twist supine
- Chest lift with rotation
- Back extension prone
- One-leg circle

The *Intermediate* poster presents nine intermediate-level Pilates exercises:

- Hundred
- Crisscross
- Seal
- Rocker with open legs
- Shoulder bridge
- Leg pull front
- Side kick kneeling
- Saw
- Swimming

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Pilates Anatomy Poster Series* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased as a series or individually.

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#### **William Ullrich:**

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Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Pilates Anatomy Poster Series the mind will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely will become your mind friends. Imaging every word written in a reserve then become one form conclusion and explanation that will maybe you never get previous to. The Pilates Anatomy Poster Series giving you yet another experience more than blown away your brain but also giving you useful data for your better life with this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

#### **Barbie Brookins:**

This Pilates Anatomy Poster Series is completely new way for you who has interest to look for some information mainly because it relief your hunger info. Getting deeper you on it getting knowledge more you know or you who still having little bit of digest in reading this Pilates Anatomy Poster Series can be the light food for you personally because the information inside this book is easy to get simply by anyone. These books produce itself in the form which is reachable by anyone, that's why I mean in the e-book type. People who think that in e-book form make them feel tired even dizzy this book is the answer. So there isn't any in reading a reserve especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book sort for your better life as well as knowledge.

#### **Gary Lund:**

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