



# Easy Pilates Exercises to Improve Posture

*Kristen Fryer*

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## **Easy Pilates Exercises to Improve Posture** Kristen Fryer

The way you look. The way you feel. If you're here, you might be looking to experience your body differently. Let's get started! Easy Pilates Exercises to Improve Posture is a real life, right now guide. The very best lessons from over 15 years training hundreds of clients in my studio are now a set of at-home movements. Finding your perfect posture is definitely best achieved by working with a professional in person. Yet for so many of us, time and money mean that we need to choose an alternative. This short, simple workout can create immediate results and improvement. Start where you are. Feel better, look better, live better. In 30 minutes per day. Get started on body balance in an affordable way as you show up every day to apply this quick and easy to follow set of exercises! Inside Freebies: Workout MP3 if you want to listen to the routine while you workout. Link to a video on standing posture

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