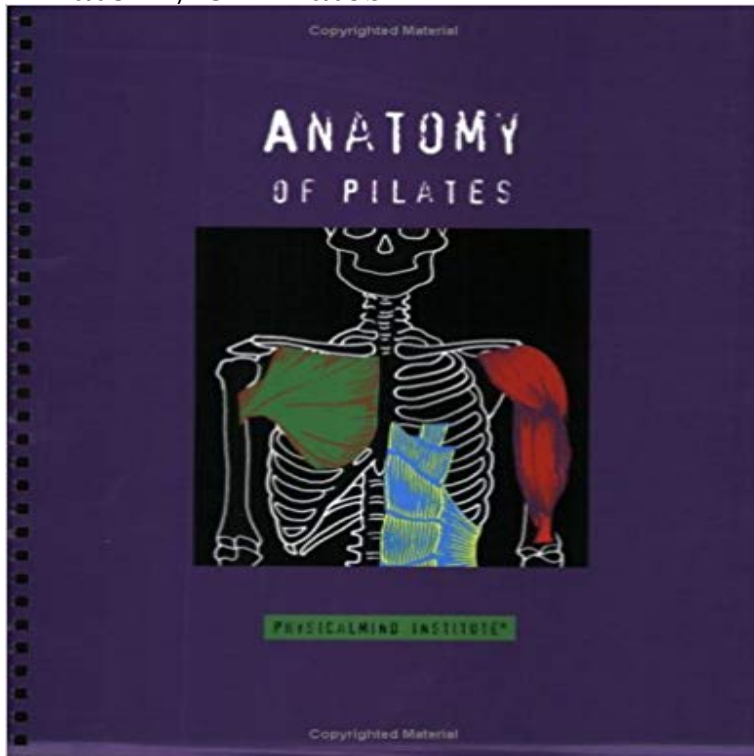


Anatomy of Pilates



An Anatomy book for Pilates practitioners, this book will help you learn and teach the Method Pilates. Clear anatomical drawings that relate to our specific exercises, with definitions of muscles and how they work and where they attach. Muscle recruitment is explained for each exercise. Illustrated throughout.

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