



The Pilates Bible: The Most Comprehensive and Accessible Guide to Pilates Ever

Lynne Robinson, Lisa Bradshaw, Nathan Gardner

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Lynne Robinson is the world's bestselling Pilates author and *The Pilates Bible* is the most authoritative and comprehensive book on Pilates to date. It presents the latest research, both medical and practical, and includes exercises with brand new modifications that take the reader from beginner level right through to advanced. Starting with the guiding principles and taking you through a natural progression of routines (including workouts of varying lengths with studio and home equipment to suit every occasion) the book also contains a health section with advice on Pilates for back pain and keen injuries along with both antenatal and postnatal exercises. With all this and more, this one-stop handbook shows why Pilates has gone from cult status to an essential part of our modern lifestyle.

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