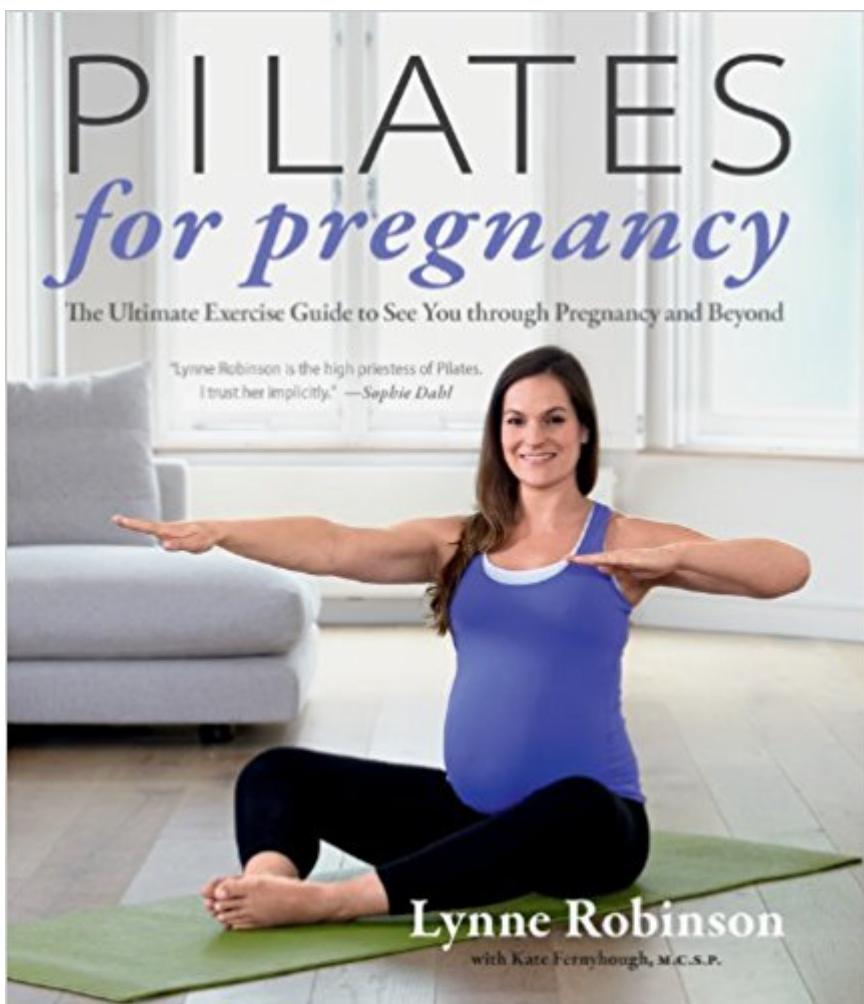


The book was found

Pilates For Pregnancy: The Ultimate Exercise Guide To See You Through Pregnancy And Beyond



Synopsis

Exercise is critical to a healthy pregnancy and delivery— but it can be hard to find an exercise regime that is tailored to your changing body and safe for you and baby. Pilates for Pregnancy will keep you fit, toned, and flexible and improve posture and joint strength—which is incredibly important as your baby grows. Offering exercises based on every stage of pregnancy, this special regimen will train and strengthen your muscles, helping to avoid the aches, pains, and complications that typically come with pregnancy and childbirth. Based on the latest medical guidelines, you can be assured that this is the safest, most effective, and most enjoyable exercise method for attaining a healthy and happy pregnancy.

Book Information

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Customer Reviews

Lynne Robinson is one of the most well-known and respected figures working in pilates and well-being sectors today. She co-founded the Body Control Pilates group in 1996, which has since trained 1,500 teachers internationally. She resides in the U.K. Kate Fernyough is a licensed physiotherapist with 20 years of experience and is also a Body Control Pilates instructor in the U.K. She works with Lynne Robinson as a medical consultant.

The book is very informative and has great pictures. It has great adaptations for the third trimester. BUT I was looking for a DVD! It's pretty hard to figure out how to do it when you have to read and look at pictures and then try to remember how to do it even though you can't really see it

being done.I like the DVDs better.

This book did not meet my expectations. As a Pilates instructor, this book is too basic for the information I was looking for.

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