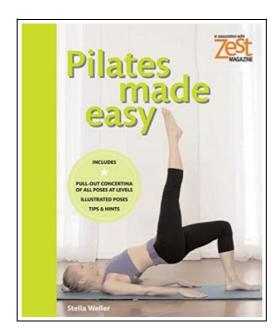
Pilates Made Easy (Paperback)



Filesize: 5.88 MB

Reviews

This created publication is excellent. It generally does not price a lot of. You may like just how the writer create this pdf. (Jo Kuhlman)

PILATES MADE EASY (PAPERBACK)



PAVILION BOOKS, United Kingdom, 2011. Paperback. Condition: New. Language: English. Brand New Book. Pilates is the ultimate exercise to improve posture, flexibility and core strength. It helps elongate and restore body balance and can be beneficial to everyone regardless of age and fitness level. This user-friendly book is your perfect home Pilates instructor. All positions have clear step-by-step photographs with wxplanatory labels and tips soo you get each one right. The handy pull-out concertina shows the full Pilates program so you can tailor your workout to beginner, intermediate or advanced level. With Pilates Made Easy you Il progress from beginner to pro in the comfort of your own home. Other titles in the series include Yoga Made Easy (9781843405276), Bikini Body Made Easy (9781843405306), Triathlon Made Easy (9781843404330) and the bestselling Running Made Easy (9781843404347).



Other Books



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Save ePub »



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



RCadvisor's Modifly: Design and Build From Scratch Your Own Modern Flying Model Airplane In One Day for

Rcadvisor.com, United States, 2009. Paperback. Book Condition: New. 238 x 166 mm. Language: English. Brand New Book *****
Print on Demand *****. Experience firsthand the joys of building and flying your very own model airplane...

Save e Bub »



Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. Think Logically. Present Artistically. The myth: Programming is only for kids who...

Save ePub »



Kodu for Kids: The Official Guide to Creating Your Own Video Games

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, Kodu for Kids: The Official Guide to Creating Your Own Video Games, James Floyd Kelly, DESIGN, BUILD, CREATE, AND SHARE YOUR GAME WITH THE WORLD! Ever...

Save ePub