



Pilates Mat Training: A Guide for Fitness Professionals from the American Council on Exercise (Guides for Fitness Professionals)

Shirley Sugimura Archer

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Explains the proper technique for 30 different exercises, along with the benefits and risks associated with each. Modifications are provided for various special populations, and sample workouts are included to help fitness professionals create balanced, safe routines. Exercise science is also covered as it applies to this fitness modality. Produced in cooperation with the American Council on Exercise.

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