



Travel Pilates: Fitness to Go

Alida Belair

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Travel Pilates: Fitness to Go Alida Belair

The first Pilates book for travelers. Readers can now continue their Pilates routines while away on business or vacation -- even in an airplane seat-- with this wonderful little book, which offers * easy-to-follow instructions * exercises for people of any age and level of fitness * instructional black and white photos * the perfect size for a purse or briefcase Alida, an ex-prima ballerina and an exclusive Australian Pilates instructor, demonstrates that Pilates-based exercises are so adaptable and minimalist, they can be done almost anywhere, such as waiting in lines or in confined spaces.



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