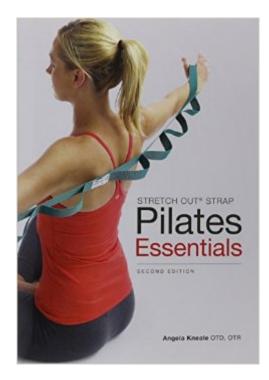
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Stretch Out Strap Pilates Essentials 2nd Ed (8216)





Synopsis

Using the Stretch Out® Strap during Pilates exercise and yoga sessions provides sensory feedback that helps develop better posture, flexibility, muscular balance and body symmetry, as well as core strength and shoulder stability. This book by Angela Kneale, OTD & OTR, targets dynamic exercises that both lengthen and strengthen the body, while challenging core stability and control. The exercises, optimized by the Stretch Out Strap, heighten body awareness and relieve stress, focusing on deep breathing and quality, controlled movements. Second edition features revised exercise descriptions, enhanced instructions and over 40 exercises with color photographs. Softcover, 52 pages.

Book Information

Paperback: 52 pages Publisher: Orthopedic Physical Therapy Products; 2nd edition (November 30, 2015) Language: English ISBN-10: 1942798016 ISBN-13: 978-1942798019 Product Dimensions: 9.8 x 6.8 x 0.3 inches Shipping Weight: 7.2 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #527,008 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #43822 in Books > Self-Help

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