

The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness

By Brooke Siler

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Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of *Women's Health* to offer a comprehensive, authoritative manual on this proven fitness philosophy.

Trained by Joseph Pilates' protégé, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves?and the *Women's Health Big Book of Pilates* guides readers in every step (and leg lift …) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including:
· *How* to incorporate Pilates at work, in travel, and *in your* daily routine
· What props *to use to* best boost your workout
· Pilates principles to help combat lower back pain, stress, low energy, and more!

From basic mat moves to the right foods that fuel a lean toned figure, the *Women's Health Big Book of Pilates* is the go-to guide for beginners and experts alike.

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Editorial Review

About the Author
Brooke Siler is the founder of the re:AB Pilates studio and teacher training program in New York City. She has been featured in *Vogue, Glamour, Self, People,* and *New York Magazine,* and is the bestselling author of *Pilates Body.* She lives in New York City.

Users Review

From reader reviews:

Paul Hinojosa:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite reserve and reading a reserve. Beside you can solve your condition; you can add your knowledge by the guide entitled The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness. Try to make book The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness as your close friend. It means that it can being your friend when you feel alone and beside that course make you smarter than in the past. Yeah, it is very fortuned for you personally. The book makes you far more confidence because you can know almost everything by the book. So , let's make new experience and also knowledge with this book.

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