



## 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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## **The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness** By Brooke Siler **Bibliography**

- Sales Rank: #23828 in Books
- Brand: Brand: Rodale Books
- Published on: 2013-10-22
- Released on: 2013-10-22
- Original language: English
- Number of items: 1
- Dimensions: 8.46" h x .84" w x 7.98" l, 3.06 pounds
- Binding: Paperback
- 432 pages

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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.

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