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Pilates: Body in Motion

Alycea Ungaro

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Pilates: Body in Motion is a pioneering, step-by-step book for mat-based Pilates. A global best-seller famed for its clear instruction and innovative design, *Pilates: Body in Motion* clearly explains every exercise sequence with at-a-glance overviews, detailed step-by-step photographs, and a checklist of dos and don'ts.

Author Alycea Ungaro pioneered mat-based Pilates and lends her expert advice to help you avoid injury and maximize Pilates' fitness and health benefits. Four program sequences allow you to move from beginner to intermediate to advanced and cover fifty mat-based exercises, from The Hundred to The Wall Sequence, the Open Leg Rocker and Corkscrew to the Swan Dive, Shoulder Bridge, Magic Circle Sequence, and many more.

Streamline your body and focus your mind with 50 classic mat Pilates exercises to do at home with *Pilates: Body in Motion*.

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