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Pilates Perfect: The Complete Guide to Pilates Exercise at Home

Dianne Daniels

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Improve your posture, increase your flexibility, flatten your abs, and boost your energy with *Pilates Perfect*--The complete guide to Pilates exercise at home.

Fitness professional and Pilates instructor **Dianne Daniels** has combined two cutting-edge exercise methods, Pilates and Feldenkrais, to create a revolutionary workout program that produces real results for people of all fitness levels--from Pilates veterans to those who thought they'd never be able to do a Pilates routine--in just three workouts a week.

With **Pilates Perfect** you will:
• Develop a stronger core
• Increase your energy levelsBuild longer, leaner muscles
• Stand taller with better posture
• Improve your flexibility

Pilates Perfect is for everyone! These exercises that can be done at home--with little or no need to purchase equipment. With its "Power It Up" or "Power It Down" options, every exercise can be customized to your current fitness level. Everyone from beginners to serious exercisers will find a workout that's just right.

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