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Pilates guru Vesna Jacob shares why you must intuitively ...

Pilates guru Kara Tattelbaum's first book in her Lazy Girl Pilates series. Lazy Girl Pilates: Morning, aims to eliminate the need to wake up early for a workout or skip it all together due to lack of time, thanks to simple and quick fitness hacks.Tattelbaum knows what it's like to struggle to find time to work out as a working mother of two.

My Pilates Guru Paperback

This book links with the free app My Pilates Guru . I recently had a back op and devised a simple routine tailored to my particular needs and saved it in the app. The book expands on the exercises in a very clear and simple way. I use the app to record my progress and remind me of my exercise sequence.

"Caged Lion" explores the life of exercise guru Joseph Pilates

My Pilates Guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully-illustrated book with a free companion iOS app: My Pilates Guru LITE. The book provides core illustrated theory and step-by-step guides to Pilates positions and exercises. All the exercises are heavily illustrated, making it easy for you to follow along at home, and the book ...

THE BOOK — Lazy Girl Pilates

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