

# PILATES Illustrated



- Strength • Flexibility
- Posture • Balance

"There is no one better to teach you the benefits of Pilates than Portia Page."  
Ingrid Owen  
V.P. of Group Fitness, 24-Hour Fitness

PORTIA PAGE

## Improve posture, flexibility, and balance

In her new book, *Pilates Illustrated*, renowned instructor Portia Page shows you how to perform the essential movements, exercises, and mat work routines. With detailed instructions and hundreds of full-color photos, *Pilates Illustrated* will accompany you step-by-step on the path to improved health, strength, flexibility, energy, and relaxation.

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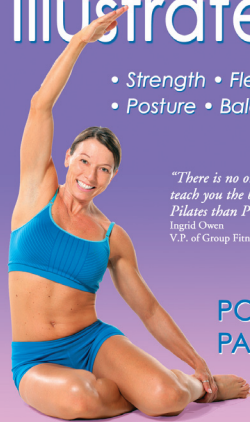
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*"Pilates Illustrated is a must-read for novice or seasoned Pilates enthusiasts. Page's clear descriptions with step-by-step instructions will help you get through even the most challenging exercises and routines!"*

Lizbeth Garcia -- PMA Gold Certified Pilates Instructor

*"Pilates Illustrated supplies easy-to-understand cues and teaches the mind-body benefits of every move... Practitioners won't get bored—or have another lame excuse—thanks to 13 short routines, targeted to everything from stress relief to toning."*

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