



Pilates for Every Body: Strengthen, Lengthen, and Tone-- With This Complete 3-Week Body Makeover

Denise Austin

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Stand a full inch taller, lose inches at your waist and thighs, and feel more energetic than ever-- **in just 21 days!**

Pilates sculpts and stretches every muscle in your body through a unique series of fluid, yogalike exercise, without stress or strain. It has emerged as *the* most effective way to flatten your stomach and abs. But Pilates does so much more. Many dancers and athletes use Pilates to condition their bodies, improve performance, and protect their joints. Now you can practice this form of exercise at home-- and enjoy the lasting benefits.

In *Pilates for Every Body*, Denise Austin-- star of *The Daily Workout*, the number one fitness show in America-- leads you through a total Pilates-based conditioning program that will strengthen, lengthen, and tone your entire body.

- * Select from Denise's versatile, progressive workouts, from beginner to advanced.
- * If you're short on time, choose from quick-and-easy routines of 10 minutes or less for the abs, hips, thighs, butt, legs, back, and upper body.
- * You'll discover not just Pilates routines but a total body makeover plan-- cardio exercise, positive-thinking techniques, practical meals, and menus, inspiring quotes, and more.

You'll find everything you need in one step-by-step plan!

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