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Pilates Definition. Pilates or Physical Mind method, is a series of non-impact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness.

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The body dynamic : the ultimate at home guide to strengthening, lengthening, and toning your body using the matwork techniques of Joseph H. Pilates. New York : Broadway Books. New York : Broadway Books.

Practised improperly, however, Pilates moves can damage parts of the body. This guide, by a dance instructor and physical therapist, focuses on Reformer exercises and, using clear text and anatomical diagrams, describes eight movements, discusses how they could go wrong and suggests solutions.

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