



## Intermediate Pilates Poster

By Human Kinetics

Human Kinetics Publishers, United States, 2014. Poster.  
Condition: New. Language: English . Brand New Book.  
Featuring the same stunning four-color artwork seen in the best-selling book Pilates Anatomy, the Intermediate Pilates Poster will help you correct alignment, posture, and movements while building a stronger, more articulate body. The Intermediate poster presents nine intermediate-level Pilates exercises: - Hundred - Crisscross - Seal - Rocker with open legs - Shoulder bridge - Leg pull front - Side kick kneeling - Saw - Swimming Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the Intermediate Pilates Poster will be a one-of-a-kind resource that you ll refer to again and again. Individual poster size: 24 by 31 inches (60 by 80 cm) Posters can be purchased individually or as a series.



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### Reviews

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