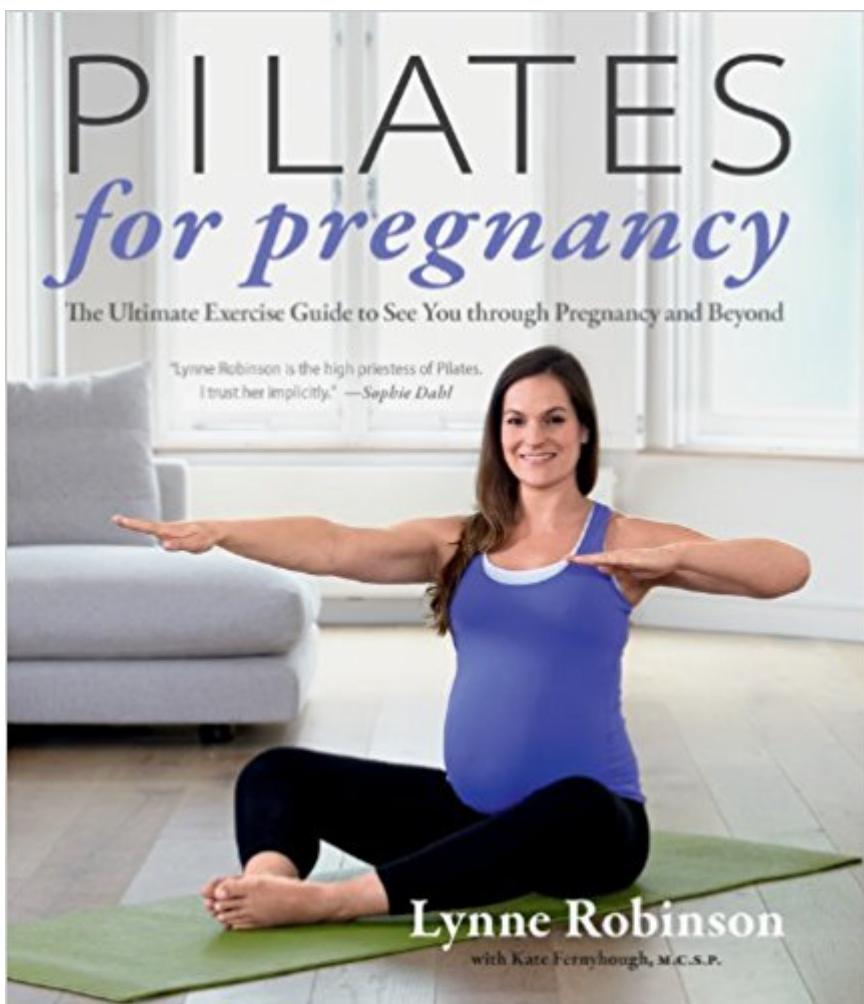


The book was found

Pilates For Pregnancy: The Ultimate Exercise Guide To See You Through Pregnancy And Beyond



Synopsis

Exercise is critical to a healthy pregnancy and delivery— but it can be hard to find an exercise regime that is tailored to your changing body and safe for you and baby. Pilates for Pregnancy will keep you fit, toned, and flexible and improve posture and joint strength—which is incredibly important as your baby grows. Offering exercises based on every stage of pregnancy, this special regimen will train and strengthen your muscles, helping to avoid the aches, pains, and complications that typically come with pregnancy and childbirth. Based on the latest medical guidelines, you can be assured that this is the safest, most effective, and most enjoyable exercise method for attaining a healthy and happy pregnancy.

Book Information

Paperback: 224 pages

Publisher: Fair Winds Press; Reprint edition (February 1, 2013)

Language: English

ISBN-10: 1592335640

ISBN-13: 978-1592335640

Product Dimensions: 8.4 x 0.6 x 9.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars 2 customer reviews

Best Sellers Rank: #607,080 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #77 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #953 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

Lynne Robinson is one of the most well-known and respected figures working in pilates and well-being sectors today. She co-founded the Body Control Pilates group in 1996, which has since trained 1,500 teachers internationally. She resides in the U.K. Kate Fernyough is a licensed physiotherapist with 20 years of experience and is also a Body Control Pilates instructor in the U.K. She works with Lynne Robinson as a medical consultant.

The book is very informative and has great pictures. It has great adaptations for the third trimester. BUT I was looking for a DVD! It's pretty hard to figure out how to do it when you have to read and look at pictures and then try to remember how to do it even though you can't really see it

being done.I like the DVDs better.

This book did not meet my expectations. As a Pilates instructor, this book is too basic for the information I was looking for.

[Download to continue reading...](#)

Pilates for Pregnancy: The Ultimate Exercise Guide to See You Through Pregnancy and Beyond
Exercise for Pregnancy and Beyond: A Pilates-Based Approach for Women Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking PeeWee Pilates: Pilates for the Postpartum Mother and Her Baby The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga The Pilates Pregnancy: Maintaining Strength, Flexibility, And Your Figure Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines Centered: Organizing the Body Through Kinesiology, Movement Theory and Pilates Techniques Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Pregnancy: The Ultimate Survival Guide to Pregnancy and Birth Exercise Every Day: 32 Tactics for Building the Exercise Habit (Even If You Hate Working Out) BEST KETTLEBELLS EXERCISE GUIDE FOR EVERYONE: Kettlebells Exercise Guide How to Exercise When You're Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Ba ck Sex & Pregnancy 411: Everything You Wanted To Know About Sex While Pregnant, But Were Afraid to Ask! Bonus: Plus Extra Advice On Exercise, Travel And Work! ... Excerpt From the Best-Seller, Expecting 411 Don't just sit there!: Get started with seniors Pilates if you want to feel young, energetic and free of pain 1,000 Places to See in the United States and Canada Before You Die (1,000 Places to See in the United States & Canada Before You) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) Universal Orlando 2011: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Universal Orlando 2013: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)