



## Pilates on the Go

*Ilene Segalove*

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## **Pilates on the Go** Ilene Segalove

Pilates on the Go includes 52 Pilates cards that are easy to read and follow, offering the classic Pilates Mat Routine so you can do it anywhere on the road. The cards can be mixed, matched and arranged to give you the perfect workout. Includes six complete Pilates routines from Beginner to Challenging and instructions on how to create your own customized workout.

Pilates is about building core strength and working the abdominals in a way that shows quick results and increases flexibility, balance and great posture.

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