

PILATES PARA DUMMIES (Libro + DVD)



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Reviews

*A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)*

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Grupo Editorial CEAC. Encuadernación de tapa blanda. Condition: Nuevo. ¿Cuál es la máquina de gimnasia más perfecta de todas? ¡Tu cuerpo! Gracias al método Pilates (desarrollado hace unas décadas por Joseph H. Pilates), podrás remodelar y tonificar tu cuerpo para tener una figura envidiable. Sea cual sea tu nivel de forma física o tu edad, podrás usar el método Pilates. El DVD Pilates Para Dummies te explica paso a paso cada uno de los 18 ejercicios de Pilates para hacer en el suelo y te permite adaptar el entrenamiento a tu nivel. Incluye las técnicas de suelo que se enseñan en todos los cursos de Pilates para ayudarte a fortalecer y poner en forma tus músculos y mejorar tu postura, a la vez que tonificas y reafirmas tu pecho. Tu profesora: Michelle Dozois es profesora desde hace más de 15 años y tiene el certificado oficial del Método Pilates. Es propietaria del gimnasio y centro de Pilates Breakthru, en Pasadena (California). Ha grabado varios vídeos tutoriales de ejercicios.



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