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PILATES FOR RUNNERS: EVERYTHING YOU NEED TO START USING PILATES TO IMPROVE YOUR RUNNING - GET STRONGER, MORE FLEXIBLE, AVOID INJURY AND IMPROVE YOUR PERFORMANCE (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Pilates for Runners is a valuable resource filled with mat Pilates exercises designed for runners of all abilities. The clear and accessible exercises will help runners develop core strength, flexibility, improved balance, coordination and better posture, all of which are important for injury-free running and optimal performance. Alongside the clear step-by-step exercises you will find expert advice and motivational interviews with real runners who testify...

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- Authored by Harri Angell
- Released at 2017



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