

# Pilates Fur Dummies (English, German and German Edition)

Ellie Herman

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Das Pilates-Fieber geht um die Welt! Immer mehr Menschen begeistern sich für diese geniale Trainings- und Entspannungsmethode, mit der Sie überflüssige Pfunde verlieren, eine bessere Haltung bekommen und jede Menge Kraft und Energie gewinnen.

Pilates für Dummies bietet Ihnen alles, was Sie über diese sanfte Mischung aus Körperbeherrschung, Tiefenatmung und Entspannung wissen sollten. Sie lernen auf verständliche und zugleich humorvolle Weise die acht Weisheiten von Pilates kennen und in den Übungen anzuwenden. Ellie Herman hilft Ihnen so Ihr persönliches Fitness-Programm für Zuhause zu entwickeln. Die Übungen sind klar strukturiert, angefangen von den grundlegenden Matten-Serien, über Anfänger- und Fortgeschrittenen-Serien, bis hin zu den absoluten Profi-Übungen. Zudem erhalten Sie in zwei Extra-Kapiteln noch besondere Ratschläge und Tipps für Schwangere und ältere Menschen.

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