



Get Started: Pilates

Anya Hayes

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Have you always wanted to learn Pilates, but don't know how to get started? *Get Started: Pilates* is your perfect, patient teacher, taking you from complete beginner to being able to master 70 Pilates poses and nine sequences. Start simple with basic poses, breathing techniques, and routines; build on them with master rolls, swings, curls, and stretches; and take it a step further by increasing your reps for intense workouts and achieving total body control. Packed with advice, reminders, and help when things go wrong, *Get Started: Pilates* will soon have you hooked on this body-transforming exercise.

More than any other series on the market, DK's *Get Started* series simulates carefully structured classroom lessons, an approach that allows you to custom-build courses with practical lessons and themed projects. Nothing's assumed, and everything's explained; each book answers fundamental questions, identifies the subject's basics, and provides step-by-step explanations and assessments so you can fulfill your own unique potential.

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