



# Simply Pilates Book & DVD

*Jennifer Pohlman*

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# Simply Pilates Book & DVD

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## **Simply Pilates Book & DVD** Jennifer Pohlman

Contents Introduction The Benefits Practical matters Centring & Breathing (this is how it is spelled)  
Breathing Exercise Posture Awareness & Pelvic Stability Spinal Mobility Abdominal Warm-Up Abdominal  
Strengthening Spinal rotation Side Stability, Gluteals & Inside thighs Scapula Stability & Back  
Strengthening Full Body Integration Stretches Glossary Conclusion About the Author

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