



Pilates Pregnancy Guide: Optimum Health and Fitness for Every Stage of Your Pregnancy

Lynne Robinson, Jacqueline Knox

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Body Control Pilates® for the full nine months of pregnancy and beyond.

Pilates specializes in building core muscles to create a "girdle of strength." This is crucially important in pregnancy, when the body is under tremendous stress and strain by the added weight and changes in posture. **Pilates Pregnancy Guide** features a series of exercises tailored to condition these core muscles for a more comfortable pregnancy, an easier labor and a faster recovery.

Suitable for women at all fitness levels -- with or without Pilates experience -- this book provides a comprehensive program during the entire period of pregnancy, with exercises specific to each trimester. Features include:

- Preparing for pregnancy
- The benefits of Pilates during pregnancy
- The basics of Body Control Pilates®
- A program for the first six weeks after the birth
- A continuing program for staying in shape.

Workout menus designed for each stage of the pregnancy offer recommended exercises complete with guidelines and warnings. Illustrated with color photographs, each exercise sequence is outlined in specific stages: Aim, Starting Position, Action, and Watchpoints. This exercise program ensures controlled and safe routines throughout the pregnancy and beyond.

Thorough and encouraging, with reliable general information about pregnancy, **Pilates Pregnancy Guide** will be a natural first choice for any expectant mother.

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