



Pilates Mat with Stretch-eze® Training Manual Level 1 with DVD

By Kimberly Dye

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Pilates Mat with Stretch-eze® Training Manual Level 1 with DVD By Kimberly Dye

Kimberly Dye, creator of the Stretch-eze band, brings you this training manual. Learn 41 exercises, including how to select appropriate sizes of the Stretch-eze, safety precautions, and how to wrap the Stretch-eze in its various configurations for the exercises. This kit also Includes accompanying 39-minute DVD to see the execution of each exercise, as well as flashcard file you can access to print up your own exercise cards. Also contains images of each exercise. Full color photographs clearly demonstrate each movement. Color illustrations, 68 pages.

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Pilates Mat with Stretch-eze® Training Manual Level 1 with DVD By Kimberly Dye Bibliography

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