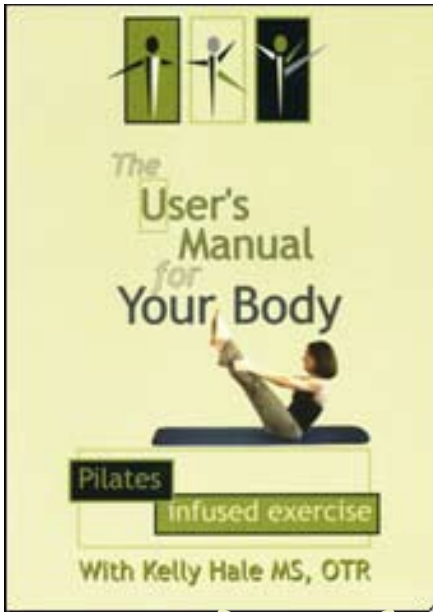


The User's Manual for Your Body



Isn't it about time your body came with a user's manual?

Break the cycle of injury or disappointing results by learning how to perform core exercises correctly! At last, a session that breaks down detailed (and sometimes overwhelming) core exercises to ensure optimum results!

This video is divided into three sections to allow for smooth progressions:

PREFACE:

Learn how to tap into the potential of your body with foundational principles necessary for core strength – whether you are a performance athlete or training for the sport of daily life.

CHAPTER ONE:

Introductory Workout

A challenging, yet accessible, Pilates-based workout. Learn how to trigger the deep abdominal stabilizers for improved function and a sleek sculpted look!

CHAPTER TWO:

Experienced Workout

A fast-paced workout that will take your body awareness to a new level for maximum results!

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