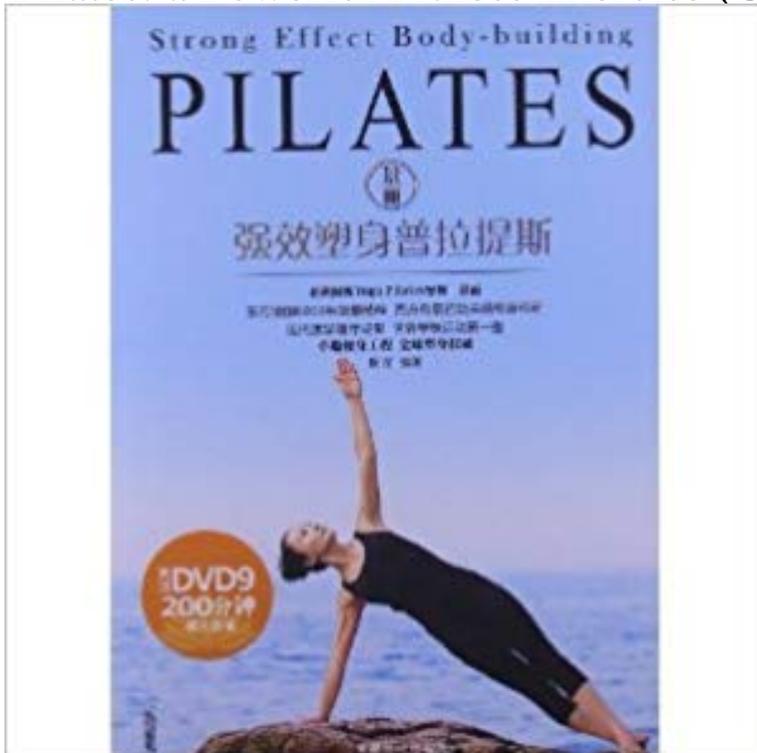


Pilates: a Powerful Fitness Exercise (Chinese Edition)



The book explains what Pilates really is and the difference between Pilates and yoga. Pilates is a physical fitness system developed by Joseph Pilates based on yoga. It combines yoga and lots of elements from ballet, bodybuilding, gymnastics, and even Taiji. Compared with yoga, which emphasizes on breathing, concentration, and mind-purification, Pilates focuses more on body itself, thus can more efficiently build flexibility and strength. In particular, Pilates has remarkable effect in building abdominals and hip muscles.

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