



Pilates on the Go

Margot Campbell

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Pilates on the Go Margot Campbell

At her Pilates on the go...studio in London, Margot Campbell has designed a unique programme to help her clients to achieve their body shape and weight-loss goals. Combining the transformative techniques of Pilates, with aerobic exercise and diet advice, Margot has now adapted the programme so that everyone can follow it. No matter how busy you are, Pilates on the go will help you achieve the results you've always wanted. The book includes: Pilates on the go personal questionnaire 14-day kick start plan to sculpt your body 10-minute programmes to target arms, tummies and bottoms 5-minute quickies for when you're really short of time Pilates on the go toning tips for when you're out and about Lifestyle, motivation and eating advice

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