



Kaizen to Pilates and Beyond

Karin van der Westhuizen

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A good assortment of Pilates exercises using the big ball, small ball, Thera band, Pilates ring, foam roller, and a pole. There are easily understandable instructions and specially choreographed illustrations for each exercise, for beginners through to advanced levels and trainers. Stretching is taken a step further by using the big ball, small ball, Thera band, Pilates ring, foam roller, and a pole. These exercises will show that you do not necessarily have to be supple to get an overall good workout by doing stretch exercises with or without props. Above all, this is a practical manual that can help toward achieving and maintaining a good level of fitness.

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