



# Pilates Gym: The Balanced Workout

*Lynne Robinson, Gerry Convy*

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## **Pilates Gym: The Balanced Workout** Lynne Robinson, Gerry Convy

This is a guide to using the Body Control Pilates method for a safe and effective workout at the gym. This book shows how to use your body correctly, how to use your muscles for toning and how balanced workouts will re-educate your body's alignment for an impact on your physique. The benefits of using Pilates are well documented, from remedying back and joint pain, lengthening and strengthening the body, to improving your sex life! The book covers low-impact aerobics, cardiovascular workouts, and machine-based or free weights, showing how subtle Pilates-based changes to your technique can provide lasting results for years to come.

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