



Everyday Pilates: Up, Up and Away

Alycea Ungaro

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No time to exercise? No problem! Alycea Ungaro's 15-Minute Everyday Pilates series gives you all the tools you need to squeeze regular exercise into your life. In the Everyday Pilates: Up, Up and Away Vook, Ungaro shows you how to get a toned, strong body, and graceful posture in just 15-minutes a day. This fantastic new format offers easy, step-by-step instruction, full color images and 14 videos to take you through the full Up and Away routine, which is focused on flow. Learn to activate opposition and integration and learn the standing routine. Strengthen, stretch, and build your way to a more toned, more healthy you.

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