



# Mat Pilates for Fitness Professionals

*RD, Laura J. Acosta MS*

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## **Mat Pilates for Fitness Professionals** RD, Laura J. Acosta MS

Mat Pilates for Fitness Professionals is the ultimate resource for current and aspiring mat Pilates instructors. This comprehensive manual covers the history, foundations, and principles of Pilates, details 34 exercises from Joseph Pilates' original repertoire, and provides practical insights and suggestions for teaching. A must-have for any Pilates instructor's library!

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