



Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced

Sean Vigue

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Sean has helped millions of guys become stronger and healthier with Pilates...why not YOU?

This all fitness levels, easy to follow total Pilates training manual includes 35 dynamic Pilates mat exercises (only your body weight is needed. No equipment necessary.) complete with color photos, descriptions and add-ons/modifications so you'll get a great workout no matter your age or fitness level.

There's also 6 complete Pilates workouts (beginner, intermediate, advanced, hard abs, strong back, athletic training) so you can get moving right away and reaping the many benefits of adding Pilates to your life: strength, control, endurance, flexibility, massive core strength, agility, focus and pure POWER. You can also train directly with Sean as all of the 6 workouts have been filmed and added to his popular YouTube channel with links in the book. It's always Sean's goal to make getting in incredible shape as convenient, effective and fun as possible.

Never underestimate the importance of cross training (combining of various exercises and workouts to work various parts of the body) so Sean has included an exclusive training program (link provided) which includes 10 different diverse and challenging workouts from Power Yoga to Cardio Core. You will never get bored with your workouts!

Pilates is the perfect stand alone workout or can be added into your current routines. It's super convenient and can be done anywhere and anytime according to your schedule and will dramatically enhance your performance on every level, for EVERY sport and EVERY activity....Pilates has you covered!

Sean Vigue - the Most Watched Pilates and Yoga Guy on the Planet, winner "Best Pilates for Men Workout" from Pilates Style magazine and the recent author of the popular paperback, "Power Yoga for Athletes" from Fair Winds Press and the bestselling eBooks, "30 Day Flexibility Training", "30 Days of Planks", "Sean Vigue's 30 Day Beginner Workout Program" and "Sean Vigue's 45 Day Workout Program".

P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

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Clarice Stephens:

In this period of time globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is Pilates for Men: Build a Strong, Powerful Core and Body from Beginner to Advanced this reserve consist a lot of the information on the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer use for explain it is easy to understand. The particular writer made some research when he makes this book. That is why this book suitable all of you.

Mary Wines:

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