



Complete Pilates System Training Manual (Official International Pilates Training Manuals

Book 6)

Melinda Bryan

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The Complete Pilates System Training Manual is a book that combines all 5 manuals by The Pilates Studio of Los Angeles, in one. This includes: the entire authentic Pilates Mat, Reformer, Cadillac, Barrels, and Chairs systems. ??

The manual is written by best selling author, veteran Physical Therapist and Principal Pilates Master Instructor for over 25 years, Melinda Bryan. They are designed for everyone, with pictures to accompany every exercise. ??

All manuals are based on the Original Authentic Teacher Certification Program developed by The Pilates Studio since 1992, and revised to meet today's standards, including some hard to find and rarely taught Pilates exercises. ??

For the first time since 1992, these easy to follow industry secret training manuals, previously available only to a select few, have now been released to the world. Used by certified Pilates experts and educational institutions worldwide as the Universal Official Pilates Training Manuals. ??

Get 24/7 video based instruction that accompanies every exercise in each Pilates manual, including videos for all Mat, Reformer, Cadillac, Barrels and Chairs program, Visit PilatesEducationOnline.com or PilatesCertificationOnline.com.??

All Pilates manuals authored by Melinda Bryan, founder and director of Performing Arts Physical Therapy & The Pilates Studio of Los Angeles. The Pilates Studio of Los Angeles is known as the very first Official Pilates Certification Center on the West Coast of the U.S., and one of only two original licensing centers in the world. ??

FOR DETAILED MOST UP TO DATE PILATES INSTRUCTION GET THE OFFICIAL MANUALS OF THE PILATES STUDIO® OF LOS ANGELES. And get the PILATES STUDIO GUIDES by Melinda Bryan here on Amazon Kindle, for basic Pilates instructions.

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