



Intermediate Pilates Poster

Human Kinetics

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Featuring the same stunning four-color artwork seen in the best-selling book *Pilates Anatomy*, the *Intermediate Pilates Poster* will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The Intermediate poster presents nine intermediate-level Pilates exercises:

- Hundred
- Crisscross
- Seal
- Rocker with open legs
- Shoulder bridge
- Leg pull front
- Side kick kneeling
- Saw
- Swimming

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Intermediate Pilates Poster* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased individually or as a series.

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Jessica Jackson:

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