



Everyday Pilates: From the Bottom Up

Alycea Ungaro, Vook

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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: From The Bottom Up 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 11 videos to take you through the full Bottom Up routine, which focuses on precision, activating your stance and learning the sidekick series. Strengthen, stretch, and build your way to a more toned, more healthy you.

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