



Sanctband Pilates Essentials

Angela Kneale

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Sanctband Pilates Essentials by Angela Kneale, OTR, is a comprehensive and educational overview of numerous exercises you can perform incorporating a Sanctband resistive exercise band during your Pilates workout. Use of a Sanctband creates additional awareness of how your body feels and moves while exercising, in addition to emphasizing whole body integration. Clear instructions and color photographs, 52 pages. Sanctband included with book!

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