

BEGINNING PILATES MAT WORKOUT

with Ana Cabán

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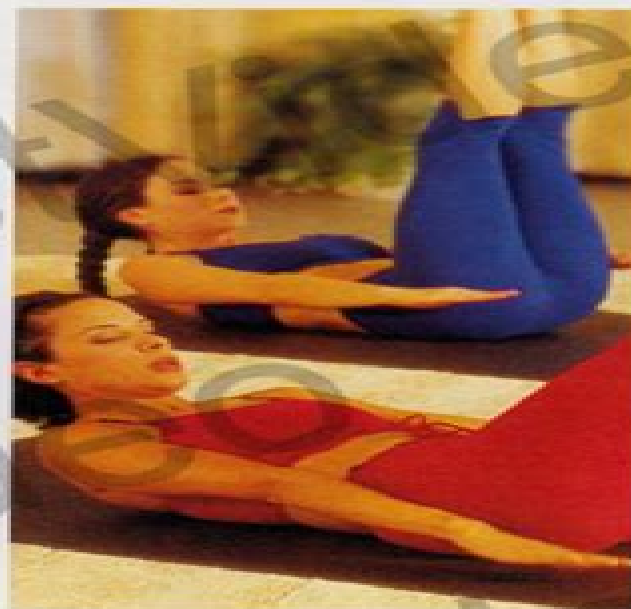


DVD INCLUDES

- Complete Pilates mat workout for beginners
- 12-minute Pilates Energy Boost Workout
- In-depth interview with certified Pilates instructor Ana Cabán

LENGTHEN, STRENGTHEN & TONE YOUR MUSCLES WITHOUT JOINT STRESS

Introducing a unique method of conditioning that allows you to dramatically reshape and redefine your body. Focus on strengthening the "powerhouse" — the muscles in the center of the body that are instrumental in creating and maintaining good posture and alignment. Practice this workout by itself or as part of a regular fitness regimen to help build and shape a new you!



GET TO KNOW ANA CABÁN

Award-winning, certified Pilates instructor, Ana Cabán is a professional dancer who turned to Pilates for empowerment and injury rehabilitation. Ana and her videos have been featured in *The CBS News*, *Weight Watchers Magazine*, *The Los Angeles Daily News* and *The Miami Herald*.

Learn more at: <http://life.gaiam.com>

Approximate Running Time: 60 min.

Executive Producer: Andrea Lesky • Producer/Director: Ted Landon • DVD Producer: Chris Besett
Director of Photography: Bryan H. Shepard • Editor: Charlie Webber • Composer: Benjamin Davis

Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise regimen.

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