



Innovations in Pilates: Matwork for Health and Wellbeing

Anthony Lett, Kenyi Diaz

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Not just another Pilates book, *Innovations in Pilates; Matwork for Health and Wellbeing* will show you how to effectively develop one of Joseph Pilates original goals, how to become more flexible. By first breaking down and then teaching you the flexibility requirements of the classical Matwork, IIP Matwork will enable you to succeed safely at all of those difficult Pilates exercises that have you stuck because they require significant flexibility to perform. If your goal is just to improve your flexibility irrespective of how it may improve your Pilates, this book is for you too! This book will show you:

- The original/classical Pilates Matwork exercises and their flexibility requirements
- How to break down/deconstruct the classical exercises into smaller movements and stretches that are easier to achieve
- How to stretch with the latest, safest and most effective stretching science
- Both solo and partner stretching exercises
- Superb anatomy illustrations, which you can explore experientially in your practice

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