



Pilates for Life

By Darcey Bussell

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Pilates for Life, Darcey Bussell, Get the body you want with Darcey Bussell's "Pilates for Life". Firm, slim stomach. Fantastic posture. Strong, lean muscles. Clear, relaxed mind. Just four of the amazing results you will see and feel if you take up Pilates. And who better to introduce you to this fabulous form of exercise than a woman who has practised Pilates as part of her professional training ever since the beginning of her incredible ballet career? Darcey is passionate about Pilates and her introduction to the core programme is the easiest, clearest and most encouraging available. Beautifully designed throughout and immensely practical in its detailed attention to each exercise, it is the perfect combination - aspirational and achievable. Ballet dancer and "Strictly Come Dancing" judge Darcey Bussell quite simply loves it, and anyone who picks up the "Pilates for Life" will too. Darcey Bussell was trained at the Royal Ballet school and was later employed by the Royal Ballet. She was promoted to the rank of Principal Dancer and is recognised as one of the greatest British ballerinas of all time. Since retiring, she has replaced Alesha Dixon on the...



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