



Morning Pilates Workouts (Morning Workout Series)

Cathleen Murakami

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A Pilates routine for every morning schedule! You already know that morning workouts are the best way to exercise regularly, manage weight, and energize your day. *Morning Pilates Workouts* makes it easy to maximize the benefits of your early-day routine no matter what your energy level is or how much time you have to spare.

Nine workout options include light, moderate, and high-effort routines lasting for 20, 40, and 60 minutes. Numerous poses, warm-up options, and breathing techniques allow you to reduce stress and improve flexibility. Along with nutrition advice and tips to improve your environment, *Morning Pilates Workouts* provides all you need to reinvigorate your morning routines.

Morning Pilates Workouts is part of the *Morning Workout* series, books designed to help you get in tune with both mind and body, stay motivated, and improve your morning exercise experience.

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