



Pilates Anatomy Poster Series

Human Kinetics

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Featuring the same stunning four-color artwork found in *Pilates Anatomy*, the *Pilates Anatomy Poster Series* consists of two posters that will help you correct alignment, posture, and movements while building a stronger, more articulate body.

The *Fundamental* poster presents nine essential Pilates exercises:

- Pelvic curl
- Chest lift
- Leg lift supine
- Leg lift side
- Leg pull side
- Spine twist supine
- Chest lift with rotation
- Back extension prone
- One-leg circle

The *Intermediate* poster presents nine intermediate-level Pilates exercises:

- Hundred
- Crisscross
- Seal
- Rocker with open legs
- Shoulder bridge
- Leg pull front
- Side kick kneeling
- Saw
- Swimming

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, the *Pilates Anatomy Poster Series* will be a one-of-a-kind resource that you'll refer to again and again.

Individual poster size: 24 by 31 inches (60 by 80 cm)

Posters can be purchased as a series or individually.

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