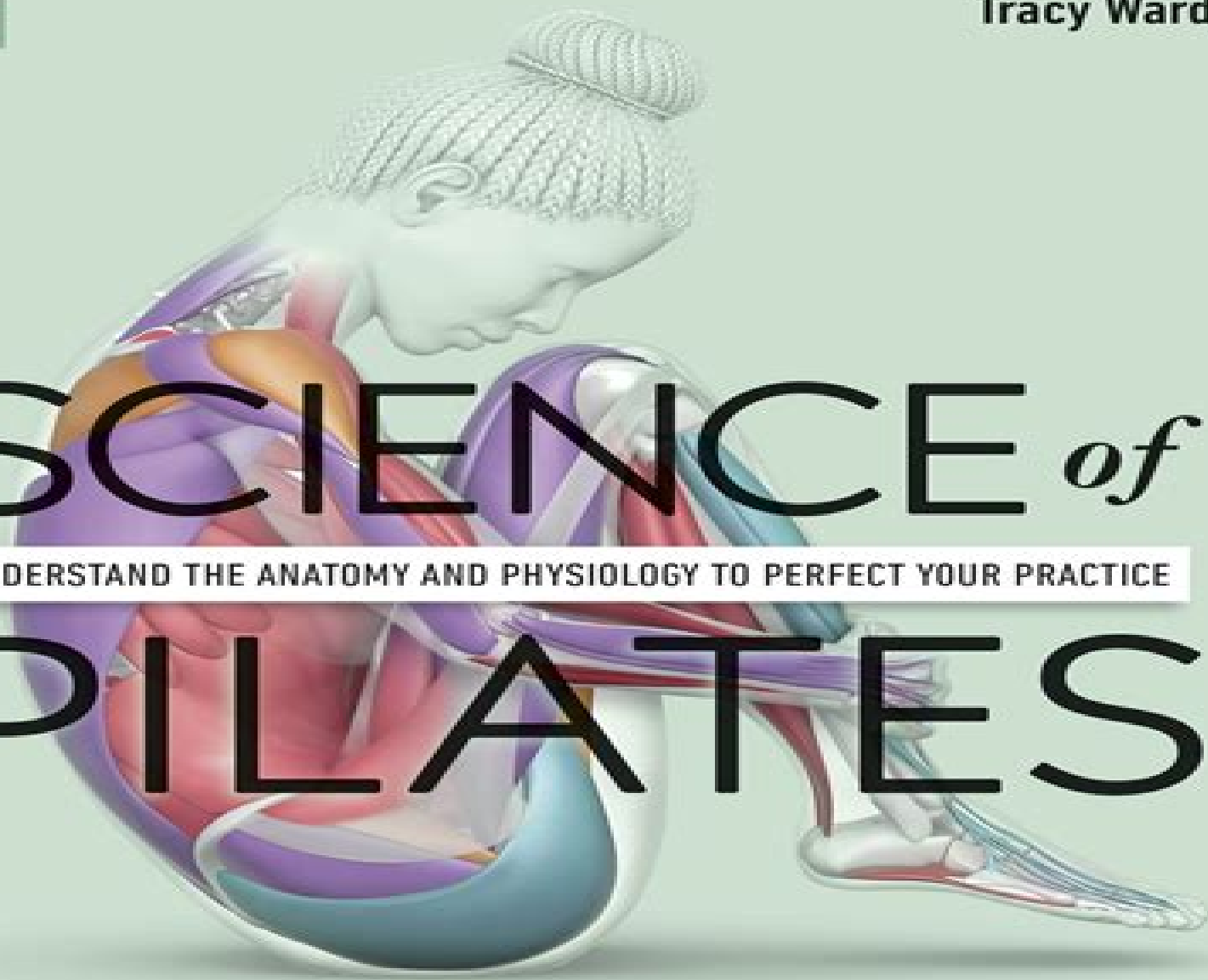




Tracy Ward

An anatomical illustration of a woman in a Pilates pose, specifically a side plank with one leg bent and the other extended. The illustration shows the internal organs and muscles in various colors (purple, pink, blue, orange) to highlight the scientific aspects of the practice. The woman's head is tilted down, and her hair is in a bun.

SCIENCE *of* PILATES

UNDERSTAND THE ANATOMY AND PHYSIOLOGY TO PERFECT YOUR PRACTICE

Science Experiments Pilates At Home Update

Brendan G. Carr



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