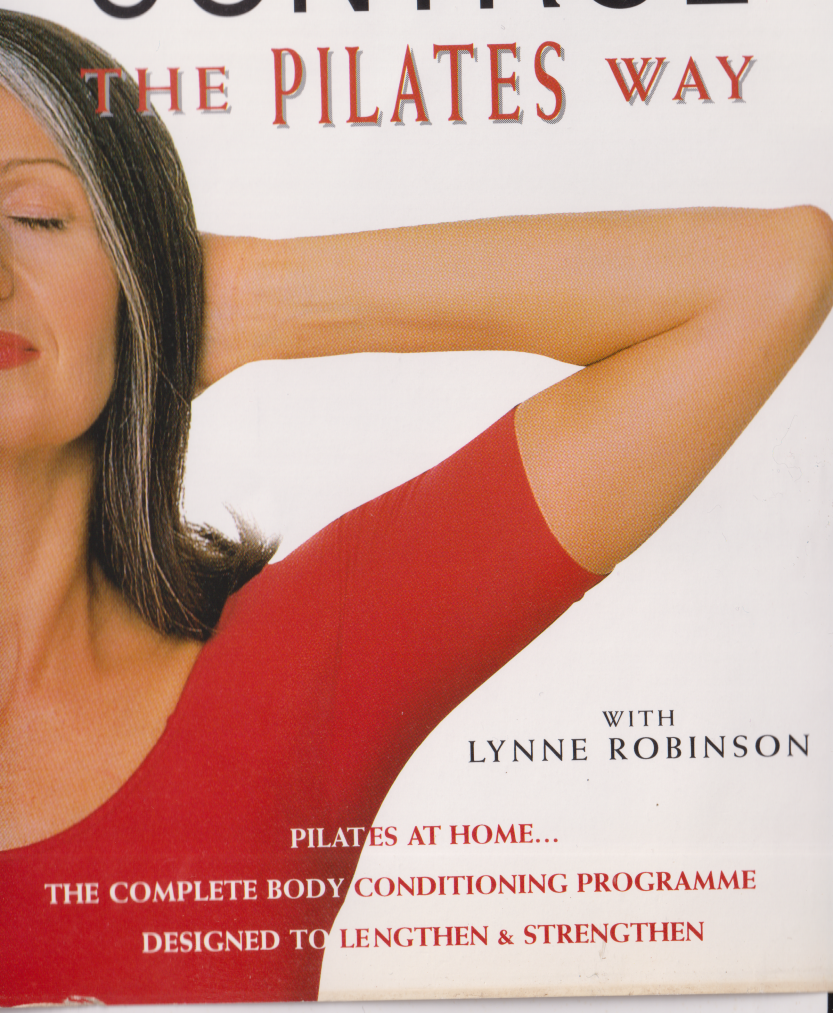




PRESENTS

BODY CONTROL

THE PILATES WAY



WITH
LYNNE ROBINSON

PILATES AT HOME...

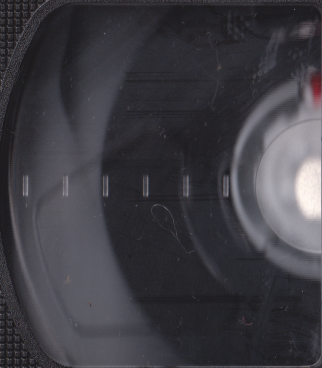
THE COMPLETE BODY CONDITIONING PROGRAMME
DESIGNED TO LENGTHEN & STRENGTHEN

Insert this side into recorder



Do not touch the tape inside

VHS




BODY CONTROL
THE PILATES WAY
WITH
LYNNE ROBINSON

TVE 4105

Running Time:
90 minutes approx.

E EXEMPT FROM CLASSIFICATION

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PILATES WILL HELP LENGTHEN AND STRENGTHEN, TONE AND CONDITION YOUR BODY.

Pilates uses subtle, slow, controlled movement yet achieves dynamic results.

It is a proven toning and conditioning technique which concentrates on strengthening muscles without forcing them and helps improve posture and flexibility.

Pilates is not new - it was developed over seventy years ago by Joseph Pilates. It is uniquely recommended by physiotherapists and osteopaths because of its gentle, safe, strengthening and realigning qualities.

But don't be fooled.

Whilst it may appear simple and serene it works deep within the body and delivers astonishing results for all ages and all bodies. From back pain and poor posture to targeting the areas that most people are concerned about - stomach, buttocks, thighs and arms - Pilates will enable you to achieve your desired goal.

CONTENTS

Introduction by Pat Cash

SECTION ONE

Before you begin (10 minutes)

Explaining the key postural positions and correct breathing technique.

SECTION TWO

Warm up: your daily session (25 minutes approx.)

A total balanced workout incorporating the fundamental Pilates movements and working the whole body from the head to the toes.

SECTION THREE

The main programme (45 minutes approx.)

A continuation of section one but providing a more comprehensive workout including some advanced techniques.

SECTION FOUR

Winding down and relaxation session.

It is recommended that the main programme is used once or twice a week to complement the daily workout.

"I used muscles in Pilates I never knew I had"... Cosmopolitan.

"Pilates is the single most effective exercise technique I have ever known"... Stefanie Powers

"My initial reaction was amazement at how gentle, yet effective the exercises are"... Pat Cash

"For more than 60 years Pilates has been the best kept secret of the fit, chic and the beautiful"... The Times

A list of Pilates devotees proves impressive including:- Courteney Cox, Uma Thurman, Patrick Swayze, Joan Collins, Sigourney Weaver, Britt Ekland, Jessica Lange, Glenn Close, Sharon Stone, Jodie Foster, Honor Blackman, Michael Crawford, Madonna, Christian Slater, and even the Australian rugby team.

The video is based on the book 'Body Control The Pilates Way' by Lynne Robinson and Gordon Thomson published by Boxtree.

In association with Fitness Consultant Gordon Thomson.



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Byfield Gardens, Barnes, London, SW13 9HP. email telvidint@aol.com

Running time: Approx 90 minutes.

Original Music: John Atkins Produced & Directed by: David Yates

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BODY CONTROL



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