



PILATES FOR MEN

Certified Pilates Instructor and corporate life coach Lindsey Jackson addresses men's differing needs for strength and flexibility with this tailored DVD. Now used by many professional sports teams, runners, golfers, surfers, cyclists and horse riders, men are recognising the need for more than just brute force or speed! Men with sedentary jobs will benefit from moving their body fully and avoid postural problems by improving their core strength. **Lindsey teaches 2 men at different levels.**

This DVD is ideal for those new to Pilates as well as those ready to kick it up a notch.

“My physio insisted I do Pilates... it's really helped my back. I am now much more flexible.”

Track List

Lindsey teaches 2 men at different levels. Ideal for those new to Pilates and those ready to move up a gear.

- Focus yourself and loosen with a warm up
- Stretch and develop your strength with a multi level workout
- Challenge yourself with a bonus power section
- Chill with a relaxation

Results

- Stretch out tight hamstrings and lower backs
- Reduce the risk of sporting injuries
- Improve your posture, gravitas and presence
- Avoid back pain and relieve stress
- Improve sexual performance with pelvic floor strength

Title	Pilates For Men
Selection #	EDD02076
UPC	022891207696
Prebook	12/26/2006
Street Date	1/30/2007
Retail	\$24.95
Genre	Fitness
Run Time	85 minutes
Box Lot	30
Label	QUANTUM
Audio	5.1 Surround Sound
Format	DVD



MVDvisual

A DIVISION OF MVD ENTERTAINMENT GROUP

T: 800-888-0486 | F: 610-650-9102 | PO Box 280 | Oaks, PA 19456 | www.MVDb2b.com

Publicity Contact: Clint Weiler | 610.650.8200 x115 | clint@mvd2b.com