

05-9120D

LEVEL 1 INTRO WORKOUT



I encourage you to first concentrate on The Simple Rules of Body Placement. Adopt and practice these rules now, and as you advance to more difficult workouts, you will quickly notice your body shape change, your posture improve, and your confidence level soar. The Introductory Workout for the True Beginner gets you started safely with 24 key AeroPilates exercises.