



# Ellie Herman's Pilates Props Workbook: Illustrated Step-by-Step Guide

*Ellie Herman*

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## **AMPLIFY YOUR PILATES WORKOUT USING PROPS**

Pilates gets even better when paired with these simple accessories. Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine:

- **The elastic exercise band increases resistance**
- **The ethafoam roller creates stability challenges**
- **The Magic Circle gives a great inner thigh workout**

Each movement is explained with clear captions and easy-to-follow photo sequences. Special programs for strains, injuries and chronic problems are also featured. In addition to strengthening and toning your body, Pilates with props helps you:

- **Build balance**
- **Release tension**
- **Alleviate pain**
- **Rehabilitate injuries**

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