



Post-Pregnancy Pilates: An Essential Guide for a Fit Body After Baby

Karrie Adamany

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Target and tone your post-pregnancy trouble zones.

Every new mother struggles to lose those extra pounds, regain her energy, and cope with the stresses of motherhood. Karrie Adamany, a mother and Pilates instructor, explains how Pilates is uniquely able to address the problem areas for women after they give birth, with its attention to strengthening and toning "the core"-the abdominal muscles, lower back, and buttocks-while also relieving tension and balancing mood.

With a straightforward and friendly voice of experience, Adamany guides new moms through four fitness stages after pregnancy with unique workouts that help restore the body after giving birth; melt away excess weight; tone and strengthen ab, butt, and thigh muscles; renew strength and energy; and relieve common aches and pains. She even shows women how to take their training off the mat by providing Pilates-inspired tips for carrying a baby, breast-feeding positions, and improving posture while working or doing housework. *The Post-Pregnancy Pilates Book* can help any mom get her body into even better shape than it was before pregnancy.

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