

# PILATES

## WEIGHT LOSS

for beginners



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**P**ilates can transform your body in a way no gym equipment can match. Filmed on a breathtaking location overlooking the Pacific Ocean, this dynamic beginner's workout is designed to maximize calorie burn while teaching you the basics of Pilates. With a combination of Pilates-conscious cardio and mat Pilates, this sequence uses the principles of control, concentration, precision, center, breath, and fluidity to help you sculpt a new shape. The gentle, low impact exercises will strengthen and tone your whole body to develop a slimmer, leaner bodyline.

### about the instructor:

Brooke Siler is a second generation Pilates teacher, trained directly under Joseph Pilates' own protégée for 12 years. She is the celebrated author of the New York Times best-selling series of books *The Pilates Body and Your Ultimate Pilates Body Challenge*. As owner of re: AB® Pilates Studio in New York City ([www.reabnyc.com](http://www.reabnyc.com)) and founder of the re: AB Pilates Teacher Certification program, Brooke has trained countless celebrity clients including Kirsten Dunst, Lauren Hutton, and Madonna.

If you have any questions or comments about *Element: Pilates Weight Loss for Beginners* write to: [fitness@anchorbayent.com](mailto:fitness@anchorbayent.com)  
Please consult your doctor before beginning this or any exercise program.



Color	51 Mins.	Not Rated	Stereo	Full-Frame Presentation
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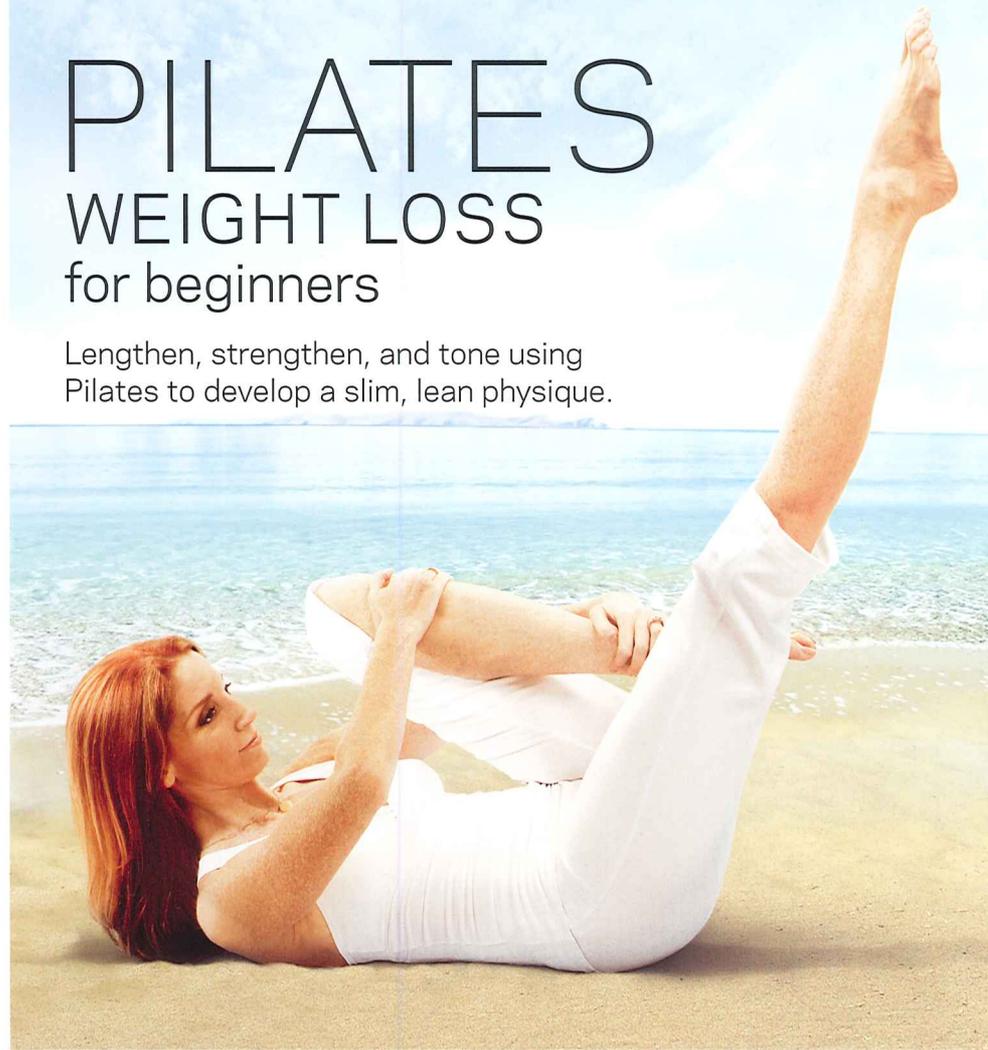
PILATES WEIGHT LOSS for beginners

# PILATES

## WEIGHT LOSS

for beginners

Lengthen, strengthen, and tone using Pilates to develop a slim, lean physique.



ANCHOR BAY  
ENTERTAINMENT™  
DV15561



Produced by: Dragonfly Productions, Inc.  
Directed by: Andrea Ambandos

[www.anchorbayent.com/fitness](http://www.anchorbayent.com/fitness)



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