

Stott Pilates Manual

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At 176 pages, this comprehensive manual incorporates over 77 Essential, Intermediate and Advanced-level exercises using the Stability Chair

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The Comprehensive Matwork manual provides a precise breakdown of almost 300 exercises and modifications in the STOTT PILATES Matwork repertoire.

Stott Pilates Comprehensive Matwork Spiral-bound 15 Sep 2010 This manual, like other Stott manuals, breaks down each exercise well.

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Comprehensive Matwork Manual by Moira Merrithew, Alison Hope, Beth Evans, January 2001, Stott Pilates edition, Spiral-bound in English

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