

DO PILATES PRACTITIONERS *NEED* TO DO STRENGTH TRAINING? SEE PAGE 72

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BUT FIRST...
WARM UP!

THE
BEST
WAY
TO
REV
THAT
CORE

ADVANCE
YOUR
REFORMER
SKILLS

THIS SIMPLE
TIP WILL
CHANGE
EVERYTHING!

HOLIDAY
SPECIAL!

EXERCISES TO DO BEFORE
AND AFTER TRAVEL

THE PROP TO PACK IN
YOUR CARRY-ON

GUILT-FREE FESTIVE RECIPES

PLUS: OUR GIFT GUIDE IS
BIGGER THAN EVER!

RECHARGE
YOUR
MIND AND
BODY

IN JUST
10 MINUTES

