



## What is Pilates by Numb3rs?

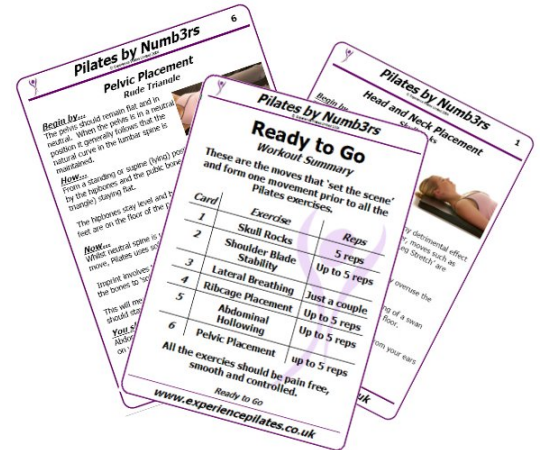
**Pilates by Numb3rs is the most flexible Pilates home exercise programme you could ever hope to use!**

**Results are guaranteed from Pilates** – if you do it regularly – but how often do you make excuses not to practice? Here are some I've heard (many times over...)

- "I can't remember the moves from the class."
- "I can't get to a class!"
- "The DVD I bought just has a handful of exercises, and I get bored doing them."
- "I don't have time – who has a hour a day?"
- How does Pilates help me during my working day?

Pilates by Numb3rs is a unique concept where **you** are in control and in charge of your workout. Each pack of exercises is a full Pilates programme that only takes approx 10 minutes!

There are many packs to choose from – they range from learning the basics – *Ready to Go* and *Preparation Week*, through to specific programmes for *Back Care*, *Posture* and *Relaxation*, to name a few.



There are two ways to use Pilates by Numb3rs:

- If I am instructing you on an individual basis, you will receive a storage box where you can place all your weekly workouts or
- If you are using the packs for a specific routine you will receive them in a protective wallet.
  - Both versions of the cards are secured with a metal ring so they stay in order!

All the routines are stand-alone, and even after practicing the most basic routine you will start to notice the difference.

At the beginning of your Pilates journey you need to be well prepared, hence *Ready to Go* and the *Preparation Week*. These are to be completed instead of the warm up and cool down, until you have mastered the basics, then you can swap to the general warm up and cool down, which is also available as a *Pilates by Numb3rs* pack. Once the basics are under your belt, you are free to choose the programme you want to do.

I have suggested a number of repetitions, but you know your body better than I do; should you need to do fewer reps or have a break, then do so!! We are looking for quality movements – remember we are the 'Harrods' of exercise – quality all the way!!

The cards have optional difficulty levels, usually three – the move described on the card, as well as an easier, and a more challenging version. Start with the general version, then chose a more suitable version as you wish.

**All that remains now is for you to get going...  
What will you do today...?**

8 Highgate, Goosnargh, PRESTON, PR3 2BX

01772 290539, 0794 1012305, [www.experiencepilates.co.uk](http://www.experiencepilates.co.uk)

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