



Pilates Cancer Exercise Specialist (Paperback)

By June Kahn

Lulu.com, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Pilates CES Handbook is a supplement to the Cancer Exercise Specialist Advanced Qualification Module 1-4. This handbook is for Pilates instructors who want to become proficient in assessing range of motion and postural deviations in breast cancer survivors, during and after treatment, and creating individualized exercise programming using the Pilates methodology.



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Reviews

Merely no phrases to describe. Better than never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.

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