



Select Pilates Kit



RBPS0192

This Kit Includes:

3 Pilates Bands - Increase your strength, improve flexibility and build lean muscles. These three elastic body-sculpting bands offer increasing levels of resistance that allow you to progress as you get stronger.

Carryall Bag - Mesh bag lets you conveniently store and transport your kit props and personal items.

Pilates CD Workout - Designed especially to accompany your Select Pilates Kit, this CD provides a 20-minute band workout that features soft music along with the guidance of a certified Pilates instructor.

Reebok University Guidebook - This guidebook gives you instruction on additional Pilates exercises, proper nutrition and other information on the importance of mental and physical conditioning.

Pilates Instructional Video - This video provides you with a virtual encyclopedia of 40 Pilates exercises, providing a visual demonstration of proper form as well as step-by-step instructor narration.