



The Guide to Mommy & Me Pilates

Cora T. Huitt, Sarah K. Huitt, Martha G. Pilot

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The Guide to Mommy & Me Pilates is the perfect at-home resource for new moms. In this easy-to-follow book you will learn how to regain your pre-pregnancy figure during the 3rd & 4th trimester. With a new baby at home finding time to exercise can be challenging, but with consistent use of this guide you will flatten your abdomen, strengthen your pelvic floor and tone your whole body. Imagine the fun you and your baby will have with Mommy & Me Pilates!

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