



Basics Step-by-Step [VHS] (Winsor Pilates: Total Body Sculpting)

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Included in this kit: Basics Step-by Step video: Watch this first to learn proper positioning, terminology and the 7 exercises that are the foundation of Winsor Pilates. 20 Minute Workout video: This video is designed to be a fast, no-nonsense workout for when you're tight on time. Accelerated Body Sculpting video: A more intense complete total body workout designed to get you the results quickly. The Winsor Dozen: A portable exercise guide so you can follow my program and stay on track when traveling or don't have access to a VCR player. Sculpting Journal: A day-by-day motivational system that's customized to your needs and will help you track your progress and get faster results. The Win-in-10 Mealplan: A sensible eating plan to help you lose weight without starving yourself.

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