

Kathleen Cleary
Email promotion

STOTT PILATES Matwork Series DVD's

Subject: The intelligent, easy way to tighten your tummy & tone your thighs
From: Stott Pilates Studio

**YOUR ULTIMATE PATH TO BEING LEAN,
LONG, STRONG AND STREAMLINED
IN 10 SESSIONS OR LESS**



Dear Online Reader:

Do you merely dream of wearing form-fitting clothing with confidence?

Wish you could slip into that bikini with a tight tummy and toned thighs?

Are you longing for firm, lean arms to slink into that strapless sundress?

Or pining for a firmer, sexier butt to hop into those boy shorts?

Well, what if I told you that you can **STOP DREAMING** and start
building the

BODY OF YOUR DREAMS?

It's true – and it can happen to you, just like it has for hundreds of my clients. It's STOTT PILATES, and I call it the intelligent way to build a leaner, trimmer and stronger body

**ORDER NOW!
FREE
FOR 21 DAYS!**

In as little as ten workouts, you can start to enjoy:

- A flatter belly
- Trimmer, thinner thighs
- Leaner, longer muscles
- Improved posture
- Shapelier arms and back
- Increased energy

One of the safest and most effective exercise programs available

Hello, my name is Moira Merrithew, former professional dancer and director of the STOTT PILATES studio.

STOTT PILATES follows the teachings of late fitness-guru Joseph Pilates, a German born student of yoga and Zen meditation whose goal was to develop strong, flexible muscles without building bulk.

Pilates is an exercise regimen that's easy to do, gets quick results, and is used successfully by millions throughout the world as a great way to tone up and melt away excess fat.

In my **STOTT PILATES Matwork DVD Series**, I'll show you, step-by-step, how you can develop a lean, fit body with the power of pilates.

I'll guide you with clear, easy-to-follow instructions from beginner to advanced levels of strength and flexibility. So you can improve your strength, lose fat, burn calories and get those killer 6-pack abs you've been wanting.

Learn the Power of Pilates in the Privacy of Your Own Home

Do you avoid going to the gym because you feel like you are 'on parade' when you exercise in front of others?

No need to worry about being on display with the **STOTT PILATES Matwork DVD Series**. You can watch, learn and follow along with me in the privacy and comfort of your own home.

Even if you have never been to a gym, you can feel confident that I will clearly teach you correct movements and exercises. You will learn strength and flexibility movements that are easy on the joints and will prevent injuries. You won't hurt your back or feel sore for 3 days after each workout.

With an emphasis on 'functional training', I will teach you how to become more flexible, balanced and strong—while you build a great looking new body—in ways that mimic your everyday actions. So, when you bend to pick up a heavy box and lift it onto a shelf, you will do it with ease. Walking upstairs with your laundry basket won't leave you winded and tired.

What do the Cleveland Indians, singer Rod Stewart, actress Lucy Lawless and actor John Cleese have in common?

There are thousands of people around the globe who use the **STOTT PILATES** methods to improve their fitness, tone their bodies and heighten their body awareness. You can

join the Cleveland Indians, Rod Stewart, Lucy Lawless, John Cleese and many others who are improving their fitness with **STOTT PILATES**.

My husband, Lindsay Merrithew and I founded STOTT PILATES over 20 years ago. Our program has helped many top Hollywood celebrities become firm and fit and feel younger than ever. The workouts on our **STOTT PILATES Matwork DVD Series** have been refined and custom-designed over the years as we've discovered which exercises are most effective for all of our clients.

Feel and See Fantastic Results in 10 Sessions or less!

The **STOTT PILATES Matwork DVD Series** is the perfect compliment to your cardio workouts. When you combine three sessions per week with three cardio workouts, you will start to feel and see fantastic results in only 10 sessions.

As you follow the safe and easy at-home progressive workouts in the **STOTT PILATES Matwork DVD Series**, you'll be amazed as you develop:

- ✿ a tight, firmer tummy
- ✿ toned and firm shoulders, arms, chest and back muscles
- ✿ a smaller, sexier butt
- ✿ youthful energy
- ✿ lean, long muscles that improve posture
- ✿ decreased back pain
- ✿ flexibility and ease of movement

I'll tell you how to order your FREE 21-Day Preview of the **STOTT PILATES Matwork DVD Series** so you can start building the body of your dreams in just a few moments. But let me tell you more about the fantastic, body-trimming techniques you'll discover in this 4 DVD set.

The **STOTT PILATES Matwork DVD Series** will take you safely and intelligently from beginner to advanced with fun and easy-to-follow workouts. I'll be with you every step of the way, teaching you each exercise correctly so you won't suffer injuries or soreness. You will, however, start to feel toned and firm as you progress through the series...

**ORDER NOW!
FREE
FOR 21 DAYS!**

"The Secret to Flat Abs"

In the **"Secret to Flat Abs" Matwork DVD**, I offer clear instructions to the beginner to develop the flatter, firmer abs you've been seeking while strengthening your mind-body connection. As you learn the Pilates core-strengthening fundamentals, this workout will leave you feeling streamlined to the core.

“Firm and Fit”

For those who know the basics and are ready to intensify their strength and flexibility, “Firm and Fit” offers a flowing repertoire of stretching, strengthening and stabilizing exercises. With a focus on controlled movement, I will challenge you to move more freely in sport and daily life. You will become firm, fit and flexible while building on the fundamentals you learned in the “The Secret to Flat Abs.”

“Core Challenge”

Once you have mastered the basics of Pilates matwork, you’ll be ready to step up to the “Core Challenge.” Here you’ll intensify your workout while challenging your upper and lower body to work simultaneously. This is a fast-paced workout that achieves optimal strength and stability without building unsightly bulk.

“Strong and Streamlined”

You will be so proud to reach this ultimate mind-body and core strength challenge. You will be inspired to improve your strength, flexibility and endurance in “Strong and Streamlined.” This workout includes modifications and variations so if you find an exercise too difficult, there will be plenty of easier options for you to choose.

And that is not all! Each of the DVD’s in the **STOTT PILATES Matwork DVD Series** comes with an array of terrific extras to help you get the most from your workouts. Each DVD includes:

- ✿ A BONUS ‘looking ahead’ workout—so you can try out the next level and see if you are ready to move up
- ✿ Tips to customize your workouts with your favorite exercises
- ✿ Over 20-bonus exercise clips so you can add variety and never get tired of the ‘same old routine.’
- ✿ Workouts with music only so once you’ve learned the correct movements, you can flow through the entire workout without the distraction of verbal instructions.
- ✿ Tips on STOTT PILATES equipment you might want in your own home
- ✿ Learn how to become a STOTT PILATES instructor

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PUT YOUR FAT-BURN ON TURBOCHARGE!

While you work your muscles in the **STOTT PILATES Matwork DVD Series** and develop lean muscle mass, your metabolism will increase. That means you will continue to burn calories long after you finish working out. Even while you’re sleeping!

Before you know it, you will be slipping into those ‘skinny jeans.’ Your friends will be saying, “You look absolutely amazing!”

And you will confidently walk with lean, long and streamlined perfect posture.

You don't need to worry about over-doing or injuring yourself while following the workouts in the **STOTT PILATES Matwork DVD Series**. And my clear instructions and clear visuals will make it easy for you to do all these low-impact exercises for the best results.

Plus, each DVD includes one of my special BONUS workouts. So you'll be able to 'try out' the next level and decide if you are ready to move up to a more challenging routine.

Take a look at some of these STOTT PILATES Success Stories
(I can't wait to add yours!)

WATCH YOUR ABS TIGHTEN!

"My posture has improved dramatically. I was already small-framed when I started the exercises, but I am now leaner and stronger. My core muscles are much stronger. My abs are tight and I have a little 4 pack, which is quite amazing."

Michelle, El Cerrito, CA

Boost Energy!

"I can't believe how absolutely GREAT I feel after a workout, completely stretched and strengthened from head to toe and with energy to get me through my day!"

Jo Ann, Houston, TX

Rediscover the joy of childlike energy!

"Since experiencing **STOTT PILATES**, my entire way of viewing my own body has shifted. I have discovered the body confidence and awareness that I was never able to access from childhood. For me **STOTT PILATES** is a physical expression that enables me to move with much more awareness, grace, confidence and poise having a dance background. I feel young, energized and childlike after each session."

Zoë, La Jolla, CA

See Results Quickly!

"I am a 32-year old mother with degenerative disc disease. I began physical therapy almost a year ago. Though I was in OK shape, my abdominal muscles were weak and I kept re-injuring myself. I began doing **STOTT PILATES** in a workshop at my physical therapy clinic—The University of Michigan Spine Program. I noticed results in how I looked and felt quickly, so much so that I ordered the videos and began doing **STOTT PILATES** at home, too. My back feels stronger than ever. Even if I injure myself, I now have better tools to help myself get better."

Elizabeth, Canton, MI

Melt Stress Away!

“My stress level has decreased significantly with **STOTT PILATES**. I think clearer than before. I feel stronger, leaner, taller and more in control of my body.”
Heather, Mayfield, KY

Start to Enjoy Exercise!

“I have been practicing pilates for over a year now and it has made a huge difference in my physical and mental well-being. The most significant improvement has been to my enjoyment of exercise. Traditional weight training had become boring for me and seemed limited in what it could do both physically and mentally. I craved something that was physically challenging but also mentally stimulating, and I found that in **STOTT PILATES**. It has also helped me achieve greater calm and focus, and has tremendously increased my body awareness both during exercise and in day-to-day living.”
Calla, Toronto, ON

Are you ready to slip into that “slinky sundress?”

You are invited to try every tush-toning, shoulder-sculpting, belly-flattening move in the **STOTT PILATES Matwork DVD Series** FREE for 21 days. We want to make this as easy and risk free as possible. You don't need to send a penny yet.

Take a look at each routine for yourself. Try them all on me, for 3 full weeks. If you are not moving with ease and feeling leaner, firmer, stronger and more streamlined after following the program for 21 days, simply return it and pay nothing.

No matter what you decide, I am sending you a FREE BONUS GIFT!

That's right! When you order within the next seven days, along with the **STOTT PILATES Matwork DVD Series**, you'll also receive a bonus FREE Pilates Express Mat—yours to keep!!

Thicker than a yoga mat to protect the spine, the Pilates Express Mat has integrated Velcro straps that allow you to roll and go, making it easy to tote to the gym, studio or your workout space at home. High quality, closed cell foam provides optimal comfort and durability.

This bonus \$32.95 Pilates Express Mat is yours to keep – with my thanks – just for ordering your FREE 21-Day Preview of the **STOTT PILATES Matwork DVD Series**.

If you decide to keep the **STOTT PILATES Matwork DVD Series** so that you can continue to develop a lean, long, strong and streamlined body for life, simply pay 4 easy interest-free installments of \$14.95 each plus shipping and handling.

Why Wait? Transform your body today!

Yours in good health,

Moira Merrithew
Director, STOTT PILATES Studio

P.S. For fast service and to answer any questions, you can call:
toll free in North America : 1-800-910-0001
United Kingdom: 0 800-328-5676
Toronto Office: 416-482-4050

P.P.S. Comments? Questions? Our customer service reps would love to help at:
info@stottpilates.com



You can order **IMMEDIATELY** by filling out the form below and clicking here:

Enter your address:

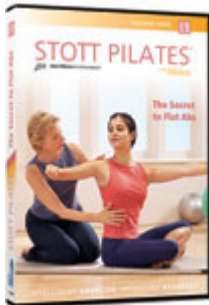
Items marked with an asterisk (*) are required.

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Address Line 1* _____
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Enter your email address

Email address* _____

Email me about special offers and promotions from
STOTT PILATES



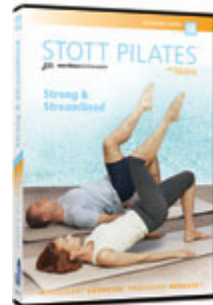
Secret to Flat Abs



Firm & Fit



Core Challenge



Strong & Streamlined