

## **Disclaimer**

All PDF downloads, eBooks, images and online content are subject to copyright protection 2013 ©. Each digital product and PDF download purchased is licensed to a single user only. Customers are prohibited to copy, distribute, share and/or transfer the product/s (including links and passwords) to any other third party or consumer. No part of this book may in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission by Annabel Elizabeth Muttdon.

All content in this PDF has been written by Annabel Elizabeth Muttdon. The information and exercises included in the document has been acknowledged and approved by qualified Pilates Instructor & Podiatrist Annabel Muttdon. This Pilates @home Program should be viewed as a guide, designed to help individuals reach their own Pilates goals. The PDF has not been designed with a specific individual in mind, therefore, should not be relied on exclusively for Pilates information and guidance.

Reading over this program with consideration of any previous injuries and experience is strongly advised. With any physical activity program, there is the possibility of physical strain or injury. Annabel Elizabeth Muttdon should not be held liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Annabel Elizabeth Muttdon is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this Pilates @home Program