

## About This Pilates Advanced Mat Home Study

Methods of Group Exercise Instruction highlights a variety of group exercise formats and offers expert guidance in group exercise training principles, correction and progression techniques, cueing, and safety tips. Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive, authoritative manual on this proven fitness philosophy. Trained by Joseph Pilates' protégé, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves—and The Women's Health Big Book of Pilates guides readers in every step (and leg lift ... ) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including: Tricks to incorporate Pilates at work, in travel, and daily routine What props best boost your workout and what to skip Pilates principles to help combat lower back pain, stress, low energy, and more! From basic mat moves to the right foods that fuel a lean, toned figure, The Women's Health Big Book of Pilates is the go-to guide for beginners and experts alike. Keep living a healthy and active life for longer using the natural and trusted method of Pilates.

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This p-i-l-a-t-e-s Instructor Manual provides 37 Intermediate/Advanced Pilates Exercises including several progressions leading up to the Advanced Mat. The entire series of 6 p-i-l-a-t-e-s manuals contains 200 Mat Work exercises each with a detailed exercise description, teaching points, technical points, basic anatomy, contra-indications and repetitions to assist Instructors in planning their Mat Classes.

Contrology is complete coordination of body, mind, and spirit. Through Contrology you first purposefully acquire complete control of your own body and then through proper repetition of its exercises you gradually and progressively acquire that natural rhythm and coordination associated with all your subconscious activities. This true rhythm and control is observed both in domestic pets and wild animals —without known exceptions. Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit. In childhood, with rare exceptions, we all enjoy the benefits of natural and normal physical development. However, as we mature, we find ourselves living in bodies not always complimentary to our ego. Our bodies are slumped, our shoulders are stooped, our eyes are hollow, our muscles are flabby, and our vitality extremely lowered, if not vanished. This is but the natural result of not having uniformly developed all the muscles of our spine, trunk, arms, and legs in the course of pursuing our daily labors and office activities. If you will faithfully perform your Contrology exercises regularly only four times a week for just three months as outlined in

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RETURN TO LIFE, you will find your body development approaching the ideal, accompanied by renewed mental vigor and spiritual enhancement. Contrology is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain. And this by no means is the end. The Pilates book for professionals: Background information and extensive practical knowledge on using the Pilates approach in prevention and therapy. The foundations include, among others, the "Pilates Principles" (Breathing, Centering, Flow, Precision, Concentration, Control and Coordination). The extensive praxis part presents all techniques and exercises (mat and equipment training) with detailed photos of movement sequences and with precise instructions and explanations of each exercise. Class plans provide concrete suggestions for the design of course units with prevention orientation and patient examples illustrate treatment procedures and therapeutic effects of the Pilates approach for different symptoms. - A must-have for all Pilates professionals: teachers, trainers, physiotherapists.

Gain the competitive edge with the innovative training methods in Pilates and Conditioning for Athletes. This science-based, multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training, resulting in

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complete training programs that tap into the seven pillars of training needed for success: Agility Flexibility Mobility Power Speed Stability Strength Begin with proven assessment protocols that have helped elite and professional athletes reach the pinnacle of their careers and remain there. Evaluate your movement patterns, range of motion, strength base, flexibility, and core strength to determine your baseline and guide your selection of exercises and sequences to turn weaknesses into strengths. Then follow detailed instructions for 124 Pilates mat and traditional conditioning exercises to strengthen your core, improve your posture, increase flexibility, and correct muscle imbalances. You will learn the following: Breathing exercises to increase lung capacity and reduce stress Stretching routines to open your hips, hamstrings, and back Joint articulation to improve range of motion and balance Resistance training for strength and power Medicine ball training for working in diagonal and transverse planes A dynamic warm-up series to begin each training session You can take the confusion out of your training plan by adding one or more of the 19 foundational, intermediate, and sport-specific workouts to help you achieve your performance goals. Successful athletes never leave their training to chance: Every workout is planned, every exercise is done for a specific reason, and each movement and program builds upon the previous one. Whether you are a weekend warrior, a college or professional athlete, or a 70-year-old triathlete, Pilates and Conditioning for Athletes will help you incorporate Pilates training to become a stronger, faster,

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healthier, and better-equipped athlete. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Pilates and Conditioning for Athletes Online CE Exam may be purchased separately or as part of the Pilates and Conditioning for Athletes With CE Exam package that includes both the book and the exam.

The joint effort of a psychotherapist, a Pilates instructor, and a respected New York back surgeon, this book offers a step-by-step method for gentle rehabilitation and recovery, a proven program for regaining mobility and quality of life.

"This manual contains ... information about the Pilates method, principles of good movement and Pilates Mat programs for any level practitioner. You can use it to deepen your own understanding of Pilates or as an additional resource if you are already a Pilates instructor or enrolled in a Pilates instructor training program. The exercises are organized according to a classical advanced level workout as laid out by Joseph Pilates."--page 1.

No matter your fitness level--whether you're in great shape or have never set foot in a gym--learning to do Pilates means going back to the basics. Teaching you core Pilates exercises and easy sequences, Pilates for Beginners is the ultimate starter guide to confidently practice Pilates at home. From your first time on the mat to finishing a complete sequence, Pilates for Beginners develops your Pilates regimen

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with a progressive, easy-to-follow program.

Complete with clear instructions, photographs, and tips to do the exercises right, Pilates for Beginners is your go-to reference to keep your body supple and mobile, and add more life to your years. Pilates is a source of lifelong energy, strength, and flexibility for both your mind and body. Start building your practice and feel the difference with step-by-step guidance and exercises from Pilates for Beginners.

Provides a program of Pilates exercises with illustrated step-by-step instructions for a complete circuit of mat exercises

Take a detailed look at your Pilates practice with the superbly illustrated exercises in Pilates Anatomy, Second Edition. Choose from 46 exercises to target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. See which key muscles are activated, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, and movement are all fundamentally linked as you work to tone the body, stabilize the core, improve balance, and increase flexibility. Use the Personalize Your Practice section for each exercise to vary your practice and customize your workouts to fit your needs. Here you'll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength. Variations provide variety, and progressions are

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offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques for breathing, concentration, and self-awareness, providing a unique exercise experience that enhances your body and your mind. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, Pilates Anatomy is a one-of-a-kind resource that you'll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Pilates Anatomy, Second Edition Online CE Exam, may be purchased separately or as part of the Pilates Anatomy, Second Edition With CE Exam, package that includes both the book and the exam. The Red Thread: The Integrated System and Variations of Pilates - The Mat gives to you over 35 years of experience in the Pilates Method Mat in one book. The book not only instructs how to execute the goal of each exercise, but how to build with variations and challenge each exercise, preparing the body for the next exercise to come. The book explains how and why to choose a variation to suit the needs of the student. It includes a comprehensive look at the connection between not only the Prior Exercise and the "Thread" that binds them, but the "Thread" that runs through the link between the Spinal Function of the exercise's

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predecessor. The book includes the purpose of each exercise, which enables you to "break it down" so the Purpose remains unchanged and the Method preserved. The Red Thread: The Integrated System and Variations of Pilates - The Mat offers Teachers tips on how to spot, what to look for, the Don't, Do's and Major Benefits of the exercise. The 1400 plus photos are taken both from the traditional vantage point and from the Teacher's view. The Pilates Method is also presented in easy to read Charts. These Charts breakdown, in simple form, what to "Add Next." This will enable you to create a perfect workout to strengthen what is weak and challenge what is strong. The Charts offer a multitude of vantage points to build the work from. These include Spinal Functions and cover a vast range of injuries. "My hope is that The Red Thread: The Integrated System and Variations of Pilates - The Mat will give both the Teacher and the Student insight into the Method we know as Pilates, the tools you need and elicit critical thinking. I hope it gives the insight needed to understand that the Pilates Method is NOT just a list of exercises and why, at each level of the work, one exercise follows another. The Red Thread: The Integrated System and Variations of Pilates - The Mat presents an understanding that this Method is NOT black and white, but a beautiful colorful canvas as unique as the body before you." p-i-l-a-t-e-s Instructor Manual - the first of 6 Mat

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Work programs for including a comprehensive introduction to the Pilates Method, 35 Pre-Pilates and Beginner Exercises that are a safe and effective introduction for new Pilates clients. An excellent resource for Pilates Instructors beginning their teaching career!

The most acclaimed, comprehensive guide on Pilates is now updated, expanded, and better than ever! In this second edition, world-renowned Pilates expert Rael Isacowitz shows you the same repertoire that he has used to train multiple Olympians as well as an elite group of professional instructors who work with celebrities and athletes around the world. Starting with the foundation for all the exercises, Pilates presents an in-depth treatment of mat work, including photos, imagery cues, and detailed instruction on breathing to help you perform the movements correctly. The mat work in this edition is organized according to a mat-specific version of the comprehensive BASI Block System used for the apparatus work. This arrangement enhances understanding of the expansive repertoire and provides the tools for creating personalized mat routines. A unique set of challenging exercise sequences is offered to facilitate performing the movements in one continuous, flowing motion. After the mat work, where most books stop entirely, Pilates goes on to apply the same depth of instruction and photos to the full range of Pilates

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apparatus: • Reformer • Cadillac • Wunda chair • Step and ladder barrels • Ped-a-pul • Arm chair • Magic circle The complete repertoire includes a purposeful grouping of exercises into blocks that work all regions of the body and progress from the fundamental level through the intermediate and advanced levels to challenge you at all stages of Pilates development. With more than 200 exercises and more than 50 variations, Pilates is the most comprehensive guide available on the method. As a contemporary approach to the work of Joseph Pilates, this is the one book you need in order to improve your balance, concentration, coordination, posture, muscle tone, core strength, and flexibility—in short, your well-being.

### Return to Life Through Contrology Ravenio Books

June Kahn introduces gentle Pilates mat exercises designed to address the specific postural and range of motion limitations and lymphatic drainage issues of cancer survivors in this easy to follow handbook. This book is a supplement to the Cancer Exercise Specialist Advanced Qualification, or a stand-alone Mat Pilates reference book for working with cancer patients and survivors.

STOTT PILATES Comprehensive Matwork Manual includes the complete range of Matwork exercises, ranging from the beginner or Essential level through the Intermediate and Advanced repertoire. Each exercise contains a clear, concise description including breath and movement pattern.

Numerous modifications are included to make the exercise more accessible for all body types and fitness levels.

Streamline your body and focus your mind with Pilates: Body

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in Motion, the at-home instructor you've always wished for, updated with a fresh, new look. Stretch yourself at your own pace with tailored programmes for beginner, intermediate and advanced level. More than 50 exercises are demonstrated with clear photographs and annotated with expert advice showing you exactly what to do and what not to do. Written by a pioneer of the Pilates method, Alycea Ungaro brought the first mat Pilates classes to New York nearly 20 years ago. This popular guide will help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. If you want mat-based Pilates exercises that are flexible enough to fit your lifestyle, Pilates: Body in Motion is for you. (Previous edition ISBN: 9780751336917)

For Detailed Pilates Instruction, get THE OFFICIAL PILATES TRAINING MANUALS offered by The Pilates Studio® of Los Angeles, since 1992. Written by best selling author Melinda Bryan, founder and director of Performing Arts Physical Therapy & The Pilates Studio of Los Angeles, world renowned Physical Therapist, and Principal Pilates Master Teacher Trainer for over 20 years! With PICTURES to accompany every exercise... Available for the first time to the general public since 1992, the easy to follow industry secret Official Pilates training manuals, previously available only to a selective few, are now available to everyone. The manuals are based on The Original Pilates Teacher Certification Program developed by The Pilates Studio. The industry standard manuals are used by Certified Pilates Experts, Health Care Practitioners, as The Universal Official Pilates Training Manuals Worldwide. All manuals have been recently revised to meet today's medical information, while at the same time maintaining all of the original principles and purity of the method. Some hard to find rarely taught Pilates routines are included. For the absolute best most up to date, complete Pilates repertoire get the official manuals by

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Melinda Bryan and the Pilates Studio. Collect all 6 OFFICIAL PILATES TRAINING MANUALS here today!

Explains the proper technique for 30 different exercises, along with the benefits and risks associated with each.

Modifications are provided for various special populations, and sample workouts are included to help fitness

professionals create balanced, safe routines. Exercise science is also covered as it applies to this fitness modality.

Includes over 80 photographs and illustrations. Shirley

Archer, J.D., M.A., is a certified Pilates and yoga instructor, group fitness instructor, and personal trainer, and has been a

fitness professional for more than 20 years and a wellness professional for 14 years. She is a health educator with the

Health Improvement Program at Stanford University School of Medicine. Archer is an international presenter and the author

of numerous books.

"The Beginner's Guide To Pilates For A Better Body" will provide you with the information you need to have a toned and firm body. This is without the use of steroids or other supplements. Just plain exercising. Be mindful now, that Pilates is not just any kind of exercise. It's one that has been sweeping the nation for the past several years. Just think, you

wouldn't have to strain and stress trying to get in a good workout. Why? Because Pilates is set up to where it is an

exercise regimen that you control. You control the

movements of the Pilates exercise. These exercises are very low-impact, so much that a child could probably do some of

them. In this book you will discover how Pilates came about.

You will also find out the reason Joseph Pilates created this phenomenon exercise regimen and what the name of it

originally was before it was known as Pilates. Pilates is based on principles. This book will explain those six principles and

what they mean to the exercise itself. It's important that you recognize what these principles are because they will help

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you develop a better relationship with your mind and body. There are plenty of benefits that are associated with Pilates. Discover what those thirteen benefits are that are outlined in this report. Pilates is a different type of exercise because not only is it not strenuous like other exercises, but they flow and you're still able to get a good workout with the techniques that come from constant practice. How do you get that practice? There are facilities available in your area and all over the country that offer Pilates classes. Discover in this book where the facilities are that offer Pilates classes. Also, in this part of the report, discover what you need to do before you commit to an actual Pilates class. Also, find out what materials and accessories you will need for your beginning classes. You will also find out the difference between Pilates mats and yoga mats. Yes, there is a difference. Just like with regular exercise, you should always have a water bottle nearby to prevent your body from dehydrating. It's also important that you have comfortable clothing to wear while doing Pilates. Being comfortable will allow you freedom of movement when you're doing Pilates. However, there is something that you will have to do without before you start. This book will explain what it is.

Once the secret fitness weapon of professional dancers, athletes, and movie stars, Pilates is sweeping the country with a vengeance. And if even half of what its many fans claim is true, then it's easy to see why. Combining elements of yoga, dance, gymnastics, and boxing, along with many original movements, Pilates exercises build muscle tone, improve flexibility and balance, lengthen the spine, increase body awareness, and repair past injuries. Most people who've done it, even for a short time, say they feel stronger and more energized, centered and physically confident than ever before. They also like having the flat tummies, tight buns, and long lean thighs of a dancer. Pilates For Dummies

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lets you get on board with the Pilates method , without the high cost of private instruction. Packed with step-by-step exercises, photos, and illustrations, it helps you develop your own Pilates fitness program to do at home or in the gym. Top Pilates trainer Ellie Herman shows you how to use eight basic Pi lates principles to get the most out of your mat-based routines and: Look and feel better than ever Get stronger, more flexible, in control and less prone to injury Target and tone problem areas Get movie star abs, buns, thighs and arms Repair chronic stress and sports injuries Calmly, clearly, and with quirky good humor, Ellie explores the origins and basic philosophy of the Pilates method, and helps you set realistic fitness goals and custom-tailor a program. She also covers: Basic, intermediate , and advanced mat exercises Using Pilates exercise equipment and accessories Targeting specific areas including the stomach, back, thighs, and chest Pilates for the pregnant and recently pregnant body Using Pilates to heal injuries, reform posture Ten simple ways to incorporate Pilates into your everyday life Combining Pilates with other forms of exercise, including yoga, swimming, aerobics, and more Why let the rich and famous have all the fun? Your complete, friendly, step-by-step guide, Pilates For Dummies shows how Pilates can offer a fitness program for the rest of us.

Using the techniques and fundamentals of Pilates and applying it to athletic training. Professional athletes around the world in every sport have used Pilates to gain explosive strength, increase their range of motion and build stamina and energy. Now, everyday athletes can take advantage of decades of development to reach their highest physical and mental levels and dramatically improve their conditioning, control, endurance and more. Pilates for Athletes seeks to take the principles and benefits of Pilates and apply them to whichever sports and activities you love to do--running,

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soccer, football, basketball, golf, tennis, hockey, swimming, cycling, baseball, gymnastics, dance, boxing, rugby, and more. Look for Pilates for Athletes to give a complete mind and body workout to make you the best athlete you can be. Demonstrates hundreds of low-stress exercises designed to firm the body, improve flexibility, and increase strength and endurance

This book illustrates a comprehensive collection of uniquely structured exercises that can help you eliminate pain and achieve a healthy mind and body. Compiled by one of the UK's leading experts in common orthopedic conditions, caused by and including pregnancy, sports injuries, JHS (Joint Hypermobility Disorder), Tennis Elbow, back, knee, hip, wrist and neck pains. Hope Pilates can help you address the source of the pain and help get you mobile and PAIN FREE. Pilates, created and developed by the German physical fitness specialist Joseph Pilates (1880-1967), creates a strong core by retraining the body to work efficiently with minimal effort and no tension. Stamina and co-ordination are improved. The body becomes balanced and aligned, the immune system is stimulated and the level of general health very often improves because the internal organs can now sit and function correctly. As hip and knee conditions continue to become more prevalent, so does the demand for a rapid and complete return to function in these lower-extremity joints. Pilates for Hip and Knee Syndromes and

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Arthroplasties provides foundational guidelines and protocols—with specific modifications—for the use of Pilates in increasing core strength, balance, and flexibility and restoring function and range of motion with pre- and postoperative knee and hip syndromes and arthroplasties. Written for Pilates instructors, manual therapists, personal trainers, and physicians, this text introduces Pilates as a safe fitness and rehabilitation tool for individuals with knee or hip conditions. Developed over 90 years ago by Joseph H. Pilates, the Pilates method is a unique system of stretching and strengthening exercises that have been shown to tone muscles and improve posture, flexibility, range of motion, and balance. Low impact and completely adaptable according to specific syndromes or fitness level, Pilates exercises are well suited for use in pre- and postoperative exercise regimens, and Pilates mat exercises can be easily incorporated into home programs. *Pilates for Hip and Knee Syndromes and Arthroplasties* begins with a review of the anatomy of the hip and knee, a discussion of the most common conditions, and an overview of nonoperative and operative treatments. Building this background information will help readers gain a better understanding of why certain exercises are applied at various points in the rehabilitation time line. The next portion of the text is dedicated to specific Pilates techniques and mat exercises and includes baseline recommendations

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for range of motion and both pre- and postoperative modifications for the knee and hip. Reference tables outline classical Pilates mat exercises and place them in specific rehabilitation time lines from six weeks to three months, three months to six months, and beyond six months postoperative. More than 600 photos clearly demonstrate the exercises and feature detailed instructions for correct execution of the techniques. To assist with clients who have never performed Pilates exercises or are in the very early stages after surgery, pre-Pilates exercises are also presented to help build core strength and range of motion. Case scenarios and sample Pilates mat programs provide additional guidelines on the correct application of the exercises, while an exercise finder located in the front of the text quickly directs readers to the appropriate exercises for each postop time line. As a bonus, a Web resource included with the text provides fully trained Pilates instructors with guidelines on using the Pilates equipment to develop programs for clients with hip or knee conditions. Instructors will learn what equipment is appropriate to incorporate at the optimal time for rehabilitation. In addition, a resource finder is included to assist readers in finding a qualified Pilates training program and a qualified Pilates instructor.

Discovering Pure Classical Pilates looks deeply into Joseph Pilates' traditional method of mental and

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physical conditioning by describing its foundations, goals, movement qualities and benefits. Specific attention is given to the ways in which market forces, individual creativity or ambition lead to deterioration and commercialization of the traditional Pilates method. This book harkens back in time to Joseph Pilates' own two books-Your Health (1934) and Return to Life Through Contrology (1945)-by exploring social, economic, psychological and spiritual issues associated with his traditional work. There is so much more to Discovering Pure Classical Pilates! Within this book, you will uncover the passionate and priceless treasures found only in the historically accurate technique as taught by traditionalists throughout the world.

The Balancepoint Pilates Mat Manual covers Pilates history and theory, introduction to anatomy , the matwork and physical considerations with worksheets and training log included.

This is the last manual for the p-i-l-a-t-e-s Instructor Manual Mat Work series. This manual has 25 detailed exercises to assist Instructors to progress their clients and mat classes. This manual expands on the traditional mat created by Joseph H Pilates. Its variations increase the fitness of the traditional mat or add variation to the routine. The p-i-l-a-t-e-s 6 Mat Manuals contain 200 exercises and progressions. Each exercise has a detailed description, contra-indications, basic anatomy,

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technical points and repetitions.

The #1 Bestselling Training Manual for Athletes!

Sean Vigue is a 7 time bestselling author and the "most watched yoga and Pilates guy on the planet".

He's helped millions of athletes transform and strengthen their bodies with mat Pilates and now it's YOUR turn! This is the fitness program that male and female athletes of all fitness levels have done to dramatically elevate their athletic ability on EVERY level. Whether it's football, tennis, golf, basketball, running, cycling, hockey, soccer, lacrosse, swimming, MMA, gymnastics, dance etc you will massively improve your athletic skills across the board with "Pilates for Athletes"! Training Logs for every major sport are included! ??This book contains over 40 beginner to advanced unique total body Pilates exercises with full color photos, descriptions and modifications. You've never done or experienced total body exercises like these! ??Also included are 5 easy to follow complete and comprehensive Pilates workout videos so you can exercise directly with Sean and learn the best ways to breathe, move and transition through the many exercises. The five complete workout videos included are: ??Pilates for Abs ??Pilates for Flexibility ??Pilates for your Back ??Classic Pilates Workout ??The Official Pilates for Athletes Training Routine ??Training Logs for every major sport so you can dive right into the most appropriate exercises for

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your favorite sport and pastime These are just like attending Sean's live Pilates classes and you can do this program anywhere and anytime. It fits perfectly into YOUR schedule. This book features the mat Pilates method which is all bodyweight exercises - no weights, equipment or machines of any kind needed...just your body and you will build amazing strength, flexibility, endurance, control and power on the field, court, track, road, bike, pool, rink and anywhere else you love to do your chosen sport or sports. Buy your copy now and begin today!

Covering mat work and apparatus, Pilates, Second Edition, is the most respected and comprehensive guide available. Exercises include photo sequences, level of difficulty ratings, recommended resistance ranges, and instructions and reasons for performing the movements. Many exercises include variations for increasing or decreasing the challenge.

Perform Pilates postures just about anywhere-- and get faster results! Joseph Pilates's revolutionary methods of strengthening, toning, and even lengthening the body have become hugely popular all around the world. Now, in Standing Pilates, celebrated Pilates expert Joan Breibart takes Pilates off the floor, showing you step by step how to perform classic postures while standing or sitting. Breibart, the creator of the first Pilates exercise video, has transformed traditional Pilates floor exercises into a new workout that frees you to

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perform postures any time, anywhere, without mats, balls, or workout gear. This groundbreaking new method uses your own body weight to help you achieve faster, longer-lasting results. You get clear instruction on how to increase your focus, develop proper form, and strengthen and tone your body more easily and efficiently. Plus, Breibart gives you valuable tips on improving your technique, making modifications to the postures, and varying each exercise to take things up a notch. No matter your current fitness level, Standing Pilates is the revolutionary new way to reshape your body and reach your fitness goals in less time. This exciting new book: \* Features black-and-white photographs throughout that fully illustrate each exercise \*

Explains how to exercise smarter to get the body you want \* Provides fundamentals and foundations for retraining your brain to move your body correctly to improve your balance and form \* Presents testimonials from fitness professionals on the benefits of Standing Pilates \* Includes up-to-date contact lists for certified Pilates instructors, those also certified in Standing Pilates, and Pilates Certifying Studios

This p-i-l-a-t-e-s Instructor Manual provides 35 Intermediate Pilates Exercises. The entire series of 6 p-i-l-a-t-e-s manuals contains 200 Mat Work exercises each with a detailed exercise description, teaching points, technical points, basic anatomy,

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contra-indications and repetitions to assist Instructors in planning their Intermediate Mat Classes.

This is the 5th Level for the p-i-l-a-t-e-s Instructor Manual Mat Work series. Based on the exercises developed by Joseph H Pilates, this manual has 36 detailed exercises to assist Instructors to progress their clients and mat classes. The 6 Mat Manuals contain 200 exercises and progressions. Each exercise has a detailed description, contra-indications, basic anatomy, technical points and repetitions.

The #1 Bestselling Fitness Book from International Fitness Instructor Sean Vigue! Sean has helped millions of guy of all ages and fitness levels become stronger and healthier with Pilates...why not YOU? This all fitness levels, easy to follow total Pilates training manual includes 35 dynamic Pilates mat exercises (only your body weight is needed. No equipment necessary.) complete with color photos, descriptions and add-ons/modifications so you'll get a great workout no matter your age or fitness level. There's also 6 complete Pilates workouts (beginner, intermediate, advanced, hard abs, strong back, athletic training) so you can get moving right away and reaping the many benefits of adding Pilates to your life: strength, control, endurance, flexibility, massive core strength, agility, focus and pure POWER. You can also train directly with Sean as all

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of the 6 workouts have been filmed and added to his popular YouTube channel with links in the book. It's always Sean's goal to make getting in incredible shape as convenient, effective and fun as possible. Never underestimate the importance of cross training (combining of various exercises and workouts to work various parts of the body) so Sean has included an exclusive training program (link provided) which includes 10 different diverse and challenging workouts from Power Yoga to Cardio Core. You will never get bored with your workouts! Pilates is the perfect stand alone workout or can be added into your current routines. It's super convenient and can be done anywhere and anytime according to your schedule and will dramatically enhance your performance on every level, for EVERY sport and EVERY activity....Pilates has you covered!

ABOUT THE BOOK Pilates is a kind of exercise that works both the mind and the body. It improves strength without necessarily building bulk. It also targets the core (midsection) and other muscles that often get neglected by other activities. My introduction to Pilates happened at an early age. For most of my life, I was considered tall for my age with long legs and big feet. My parents thought it would be a good idea to enroll their lanky toddler in ballet classes. I continued those classes (and other dance classes) for over 14 years. In high school, I was a

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lean 5'8" ballet dancer and basketball player. I still had big feet, but they were complemented by long legs, long arms, and a long neck. What did I have to complain about? My midsection. I was relatively slim, but I had a pudgy middle. In high school, where appearances are everything, I wanted to do something about it. Fortunately, around this time, my dance instructor introduced the class to the Pilates method. She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives. She promised that the method would flatten our midsections and make us feel taller. My dance instructor made good on her promise. After just 15-20 minutes of Pilates before we started dancing, I felt taller. Over time, I felt slimmer. I was hooked. I've been doing Pilates ever since, and I love it. I've taken classes and I've done several Pilates DVDs. Of all the activities I participate in (everything from running to basketball to kickboxing to Zumba), Pilates is one that I always come back to because it is really so effective and important.

EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards--as if you are pulling it away from your belt line. Keep your rib cage relaxed and breathe normally. You should be able to feel the muscle contracting in your lower abdomen. Another essential skill is being able to activate your pelvic floor. Your pelvic floor muscles are at the base of

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your abdomen. They control your bladder and bowel functions. They also stabilize not only the pelvis but also the lower back. If you have lower back pain, are pregnant, or experience incontinence, learning how to control these pelvic floor muscles can really help. How do you activate your pelvic floor? Start in neutral spine position. Contract the muscles you would use to urinate. Breathe as you normally would. Once you can handle activating your TA and your pelvic muscles separately, try activating them together. Ready for some advanced Pilates moves? Great! Here are six of the most common moves for experienced Pilates pupils. Because sometimes it's easier to see the moves being done rather than reading about them, many of the links in this section are to videos. Advanced Pilates Exercises

The Crab--The Crab requires complete control from your core, so it will give you a great ab workout. It builds on exercises like the "Roll Up" but is slightly more advanced. Start by sitting up straight. Bend your knees almost Indian style and cross your feet at the ankles. Bring your knees up to your shoulders and grab your feet with your hands. Drop your head and allow your spine to curve as you prepare to roll. Breathe in and roll back. Control the movement. Try not to let your limbs flail around. Once you roll to your shoulders, let go of your feet and switch your feet around. Grab your feet again as you prepare to roll up. Breathe out and roll forward. Inhale as your

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head touches the mat. Roll back to repeat the move. Double Leg Kick--This move works the back extensors and the hamstrings primarily, but it can be a total-body exercise as well. Start by lying face down with your head turned to one side and your feet together.

Written for the mature fitness enthusiast, this Pilates mat program will help improve posture, strength and flexibility no matter what your orthopedic obstacles.

Age Perfected Pilates incorporates safe modifications to popular Pilates mat exercises, using fitness tools such as the Soft Gym Overball, Body Bolster and weighted balls. The results are a tailor-made workout that is progressive, creative and challenging. Full color photographs. Softcover, 103 pages.

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