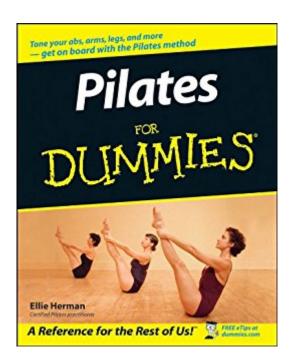
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Pilates For Dummies





Synopsis

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 itâ ™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 whoâ ™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 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.

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Customer Reviews

I started using this book 2 years ago to learn the basics of Pilates. I have tried other Pilates books/DVDs since, but I keep going back to this book. The first part of the book explains what Pilates is, such as controlling movement, maintaining stability, and why breathing at particular times in the exercises is important, and it gives examples of these that are easy to understand. Then it goes into what the words neutral spine, abdominal scoop, pilates first position, etc., actually mean, and how to do them. The mat exercises contain 4 levels: Pre-Pilates, Beginner, Intermediate, and Advanced. Not knowing anything about Pilates when I started, I began with the Pre-Pilates workout. Because there are multiple steps to most exercises, it did take some time to remember when to breathe, when to roll up or down, but once I got that down, it made the subsequent levels of exercises easier to learn. Also, a few of the exercises were impossible for me because I didn't have the strength to do them, but I just did what I could, for example the hip-up, I would lie on the mat with my feet in the air and worked those abdominal muscles although my feet were going nowhere, and within 2 weeks I was doing all 9 hip-ups. You just have to do a little more each time. The beginning mat series contains some exercises from Pre-Pilates and it's not very long, so it wasn't too difficult to learn. The intermediate mat series is where I really felt I was getting a workout, and I still use this one, although I have added some to it since. It really felt as if I was getting an intense abdominal workout and after adding the variations for the side kicks, my legs definitely got stronger.

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