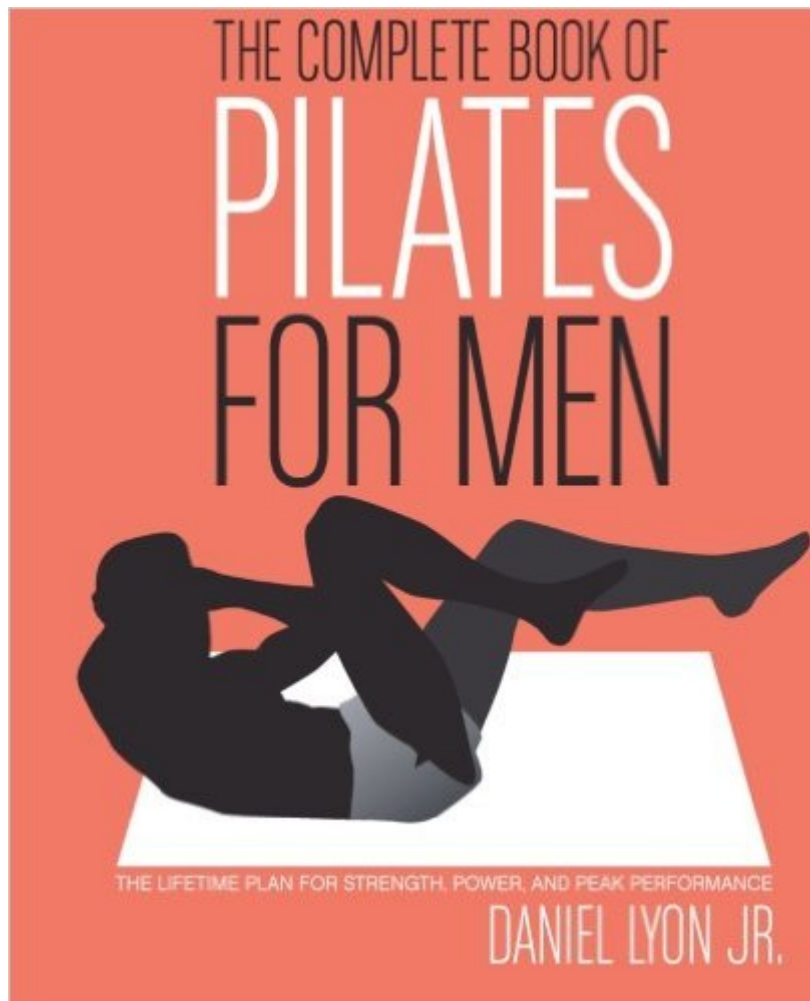


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# The Complete Book Of Pilates For Men: The Lifetime Plan For Strength, Power & Peak Performance



## Synopsis

A comprehensive, take-anywhere exercise program designed to improve men's strength, flexibility, balance, and posture. Have years of office work wreaked havoc on your posture? Could your tennis or golf game use a boost? Do you appear or feel older than your age? Or do you carry yourself in a manner that expresses strength, power, and peak performance to everyone around you? In recent years, Pilates has become a popular exercise program, especially among women. Many books on the subject show lithe female bodies stretched across their covers. Top Pilates instructor Daniel Lyon Jr. aims to break the preconception that Pilates only benefits and appeals to women. "This couldn't be further from the truth," he asserts. "Joseph Pilates was a cigar-smoking boxer, acrobat, and gymnast, and he developed his exercise program from that background for men first." Likewise, Lyon designed this book specifically with men in mind, as the number of male Pilates practitioners -- among them professional athletes, actors, businessmen, and other high-profile personalities -- has rocketed to about three million and continues to grow. For athletes, working stiff, and men recovering from injuries, Lyon offers the first comprehensive exercise program of its kind. He walks you through forty "traditional mat" exercises and more than sixty "reformer on the mat" exercises -- each one brilliantly illustrated -- in an inspiring self-guided program that adapts to all experience levels and requires nothing more than floor space, an exercise mat, and the desire to look and feel your best. Using the Pilates method of engaging the strongest parts of the body, or the "powerhouse" (Joseph Pilates's term for the abdominals, hips, lower back muscles, and buttocks), and integrating all other body parts from this core, Lyon's program targets trouble spots for men and helps them achieve strong, lean, masculine physiques. *The Complete Book of Pilates for Men* will deliver quick and long-term results to any man who seeks optimal fitness and a competitive edge in all aspects of his life.

## Book Information

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## Customer Reviews

Truly a remarkable Pilates resource specifically for men! I have been practicing Pilates for over a year now. The first time I bought a Pilates book, I felt a little intimidated because of the thinking of most people that Pilates was only for women. Most of the public did not know that Pilates is Joseph - a man! When I saw Daniel's book, I was captivated by the other advanced mat work exercises I had not seen before not to mention the reformer on the mat exercises! (quite challenging, I tell you!) I stood at the bookstore and read the book for almost 2 hours. The next day, I finally bought the book just this month. I have seen many Pilates books but they offer the same exercises, mostly modified and lack representation of the complete and original mat work of Joseph Pilates. I am a licensed physical therapist and I just decided to include Pilates even more in my fitness regimen for life, like air! Pilates is results-driven! Let's now hit the mat and burn that powerhouse!

I'm a pilates instructor of mat classes. I've been certified through 2 different organizations. This is a great book! I like the part on the reformer on the mat. It's well written and I also like reading on the differences between men and women with reference to the exercises. Good purchase!

This book incorporates some traditional exercises, (such as pushups) into a cohesive whole, where the trainee doesn't just do the exercise out of the clear blue, but rather, gets into position from their original, (standing, in this case), position, in a carefully thought-out manner. It's surprising to me how much difference it makes to account for the points between one's 'non-exercising' position, and getting into the exercise, both in quality of the movement, and the greater likelihood that one will continue to do the exercises over time.

"As a Pilates instructor who has a library of exercise books, this one is awesome! I am always looking for ways to help my clients and this book is unbelievable. I purchased it for my library and it is a total treasure. The detail in the book is phenomenal. The traditional mat work with variations is extensive, the illustrations are mind blowing and the reformer on the mat is awesome. This is the only book that I have found with a completely illustrated reformer on the mat. There are variations in this book that I did not learn when I was certified. It is the biggest Pilates book that I own and it is

double the size of all my others. The title says it all. It truly is "The Complete Book of Pilates for Men." I find it is great for men and women. My clients who have bought it for their husbands tell me their husbands love it. I know this because they are coming in for mat classes." Jennifer, California

I am a certified Pilates instructor and I consider this book to be THE authoritative text on Pilates mat work. It is not only an incredible resource for teachers seeking to "tighten up" their already advanced form, but also a fantastic, user-friendly entry point for a beginner looking to build a Pilates practice from the ground up. Exercise descriptions are both clear and concise, and the unique illustrations of the exercises "in motion" go far beyond run-of-the-mill photographs. Lyon's instruction on classical mat work is worth the price of admission alone, but his "Reformer on the mat" section puts this book over the top. "The Complete Book of Pilates for Men" is just that: complete. Man or woman. Beginner or advanced. When I was learning the nuts and bolts of Pilates, I wore out my copy of Lyon's book. It is truly exceptional, and anyone serious about Pilates needs to own it.

Finally, someone has set to the task of translating the Pilates system to specifically male needs. This guy is not playing around. Pilates for men has serious moves for serious Pilates folks only. I have been trying to get my husband to join me in Pilates for years but he always assumed Pilates was for girls. It was only when I brought this book home that he decided to give it a try. The author speaks to men in a clear friendly way and somehow, somehow, the guys just "get it". And now, wouldn't you know it, my husband is hooked on Pilates. In fact, he's now waking me up in the morning to work out with him!!! Ladies, grab your men and this book and hit the mat. You won't be disappointed! Good Luck.

For the novice to the seasoned gym goer, Pilates is something you should very much consider adding to your workout schedule. Buy this book, READ it carefully, and start taking classes at the local studio or health club. ESPECIALLY if you are an athlete! Core conditioning and stability (and we're not talking six pack abs) will prevent you from getting injured, regardless of your sport, be it running, boxing, rowing, basketball, tennis, swimming, golfing, everything. This book by Daniel Lyons will challenge you physically and help get you toward the best shape of your life. His diagrams/cueing/benefits/skill levels are meticulously presented. A note to Pilates instructors: This book is a very useful manual for mat instruction. Try to start offering Pilates for Men classes where you instruct. I've taken Pilates classes all over and when the class is mostly women, flexibility ends up predominating over full body conditioning and it's keeping the guys away. And read Daniel

Lyon's intro as well, pertaining to us who are barrel chested (quit trying to correct or shoulder position, please). Great book, Daniel!

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