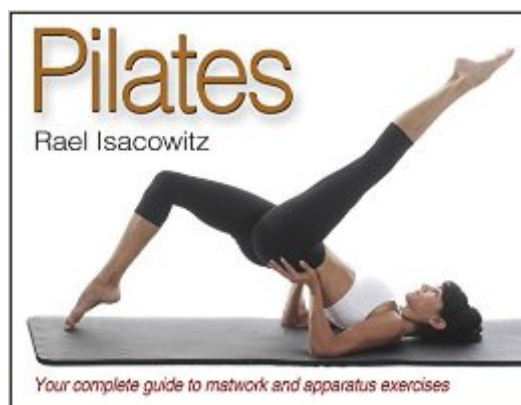


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# Pilates



## Synopsis

Strengthen, lengthen, and sculpt your muscles with the full range of Pilates exercises. In *Pilates*, world-renowned Pilates expert Rael Isacowitz shows you the same repertoire that he has used to train 10 Olympians, including U.S. figure skater Sasha Cohen and diver Wendy Williams, 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 photo illustrations and detailed breathing instruction to help you perform the movements correctly. A unique set of challenging exercise sequences allows the movements to flow in one continuous motion. Following mat work, where most books stop entirely, *Pilates* just gets going. The same depth of instruction and photo illustrations are applied to the full range of Pilates apparatus: - Reformer- Cadillac - Step and ladder barrels- Magic circle- Wunda chair - Ped-a-pul- Arm chair The complete repertoire includes a customized grouping of exercises in blocks that progress from the fundamental level through the intermediate and advanced levels to challenge you at all stages of Pilates development. With 210 exercises in all, *Pilates* is the most comprehensive guide available on the Pilates method. A contemporary approach to the work of Joseph Pilates, this is the one book you need in order to improve posture, muscle tone, core strength, and flexibility.

## Book Information

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## Customer Reviews

The author stuck with a simple template in writing his book that allowed him to convey his ideas clearly and gracefully. Each lesson in the book starts with an anatomical target under "Muscle Focus" and the "Objectives" of serving those muscles. The lessons end with "Imagery" that deals with the feeling and the mental execution of the desired motion. The author refrained from venturing

into areas outside his domain of specialized expertise such as nutrition or unrelated topics, which added to his credibility and emphasized the depth of indulging in the art of Pilates. The extensive number, simple content, and logical sequence of the photographs, which are properly labeled and placed in each lesson, all makes the book an easy read and useful tool for learning. Above all, the author himself demonstrates his role as a model for the reader. The book has a brief history of Pilates, its benefits, and its principles. Those are grouped under ten principles that address awareness, balance, breathing, concentration, body centering, gaining control, efficiency of motion, flow of energy, precision, and harmony. The main emphasis of Pilates practice is described in terms of regional anatomy that is brought under the control of the mind such that it serves the purpose of skillful mobility. The book falls into twelve chapters that deal with enhancing the mind and body, alignment and movement, and the different methods of accomplishing the objectives of motion control. The different methods entail: Mat work that falls into 70 pages, Universal Reformer that spans about 100 pages, Cadillac 40 pages, Wanda Chair 20 pages, Barrels 20 pages, Ped-a-Pul 7 pages, Arm Chair 7 pages, and Magic Circle 14 pages.

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