

My Pilates Guru Paperback

My Pilates GuruMy Pilates GuruThe Women's Health Big Book of PilatesMy Pilates GuruPilates for PregnancyLibrary JournalPilates' Return to Life Through ContrologyPilates' Return to Life Through Contrology Revised Edition for the 21st CenturyBooks MagazineEllie Herman's Pilates ReformerEverything PilatesThe British National BibliographyPilates' Return to Life Through ContrologyThe Pilates BibleThe Red ThreadThe Complete Pilates TutorThe Pilates Path to HealthPostnatal PilatesPilates for YouBook of Pilates Anya Hayes Anya Hayes Brooke Siler Anya Hayes Anya Hayes Joseph Pilates Joseph Hubertus Pilates Ellie Herman Amy Taylor Alpers Arthur James Wells Joseph Pilates and Judd Robbins Lynne Robinson Kathryn Ross-Nash Alan Herdman Gary Calderone Anya Hayes Ann Crowther Parragon Book Service Limited

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my pilates guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free companion ios app my pilates guru lite the book provides core illustrated theory and step by step guides to pilates positions and exercises all the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises the book is structured to give core theory and explain the history of pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions the my pilates guru lite application uniquely enhances the pilates learning experience and is downloadable to your iphone or ipad via the app store this allows you to take your guru with you and get instruction wherever you choose to exercise its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health there is also the option to buy the my pilates guru app which unlocks further content to help you on your pilates journey

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 prote ge 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 how to incorporate pilates at work in travel and in your daily routine what props to use to best boost your workout 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

my pilates guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free instructional app the book provides core illustrated theory and step by step guides to pilates positions and exercises all the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises the book is structured to give core theory and explain the history of pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions the my guru application uniquely enhances the pilates learning experience by giving you a free application that is downloadable onto your iphone or ipad via the app store this allows you to take your guru with you and get instruction wherever you choose to exercise its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health

pilates for pregnancy is a straight talking woman to woman exercise guide focusing on pelvic floor and core strength to improve your health mood and energy during pregnancy clear step by step pilates exercises tailored for the demands of each trimester show you how to improve your posture as your bump grows

protect your back especially when lifting older children optimise the position of your baby for a better birth experience help you release tension and create a positive mindset for birth reconnect and restore your core postnatally focusing on your pelvic floor muscles including for caesarean recovery you ll find helpful advice and motivational tips from mums throughout explaining how much pilates improved their strength birth experience and postnatal recovery to help you prepare physically and mentally for your new arrival

first published in 1945 pilates return to life through contrology contains the authorized legal edited and original library of congress version of joseph h pilates and william j miller s first complete fitness writings it details the exercises poses and instructions fundamental to the matwork developed by joseph and clara pilates based on his concepts of a balanced body and mind and drawn from the approach espoused by the early greeks these are the exercises that currently sustain a worldwide revolution in fitness strategies and exercise techniques readers will learn and view the original 34 exercises that pilates taught to his students many of whom have become exercise gurus in their own right these carefully designed exercises are the result of decades of scientific study experimentation and research into the variety of physical ills that upset the balance of body and mind

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for pilates trainers fitness professionals and those wanting a deeper understanding of their practice classic pilates repertoire plus original exercises from ellie herman detailed descriptions and photos with breathing alignment cues contraindications and rehab applications paperback black and white photos

explore the fitness craze that's right for everyone whether you're a ballerina or a couch potato a mountain biker or a fitness novice you can do pilates and reap its amazing benefits perfect for building stronger leaner more flexible muscles relieving stress and achieving full body health the pilates method is a revolutionary program that has the power to transform lives written by the founders of the internationally renowned studio the pilates center the everything pilates book gives you all you need to start doing pilates in your own home and choose a studio that's right for you the book provides step by step instruction on how to do such incredible exercises as the spine stretch the roll up and the swan as well as more than 100 clear photographs that make it easy to get started the everything pilates book helps you create a supple powerful body prevent osteoporosis reduce the risk of injury establish proper posture increase strength and flexibility tone abs alleviate back pain no matter of your physical condition the everything pilates book can help you take control of your body

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the pilates bible is the most authoritative and comprehensive book on pilates matwork ever written and demonstrates why this hugely popular exercise has

gone from cult status to an essential part of our modern lifestyle drawing on the latest medical research the authors have updated old favourites as well as introduced many new all can be performed with little or no equipment and the pilates bible allows you to progress safely at your own pace through beginners intermediate and advanced there are also special sections on pilates for new mothers and children people with problems such as osteoarthritis back pain and knee injuries as well as pilates at the gym and the workplace and for the performing arts and sport this is truly the one stop guide for pilates novices as well as those hoping to consolidate what they already know

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 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

whether you are just beginning your journey or have been practising for years this complete course in pilates matwork is an invaluable resource taking you through all pilates exercises as originally conceived and practised by joseph pilates also included are pre pilates moves which are especially helpful for beginners all exercises are shown step by step for beginner intermediate and advanced levels with instructions on adapting poses with supports such as cushions blocks and dynabands and alternative moves for those with special needs along with any contraindications careful attention is given to how poses are executed safely and with maximum effect a fully illustrated chapter details the anatomy and physiology of the human body explaining its various functions and how each body system works advice on setting up your own practice is also included

a timely book that focuses on how pilates is adapting and serving the 21st century world this book s forward is written by wendy leblanc arbuckle who has

studied with all of the pilates elders beginning with romana kryzanowska and longtime friends and treasured mentors mary bowen and kathleen stanford grant and pilates master teacher alan herdman gary offers a contemporary voice in the pilates community that lends distinction for teachers with a greater mission to evolve practitioner student and client to their next level of health

a postnatal recovery program aimed at all mothers offering a pilates regimen based on up to date research on pelvic floor and abdominal healing this is a straight talking woman to woman postnatal recovery guide with a twist based around pilates fundamentals and a progressive pilates program tailored for postnatal recovery this book will enable women to establish good posture and breathing habits for life as well as rebuilding strength after birth pelvic floor dysfunction is a real issue affecting 75 of women in their lifetime we have a culture of suffering in silence and currently many women simply accept postnatal issues such as pelvic floor weakness and abdominal separation which can be a cause of pain embarrassment and mental health problems postnatal pilates is a guide to taking control of postnatal recovery empowering women with robust information and techniques to take their recovery into their own hands as well as providing essential signposts on when to seek professional guidance posture tips are easily incorporated into day to day life breastfeeding pushing the buggy at your desk picking up your toddler and the book also features bite sized health fitness and wellbeing advice throughout along with tips for dealing with the physical and mental stresses of early motherhood exercise routines are broken down into 10 20 30 minute sessions so that women can realistically aim to commit to them around life with a baby foreword by lynne robinson pilates guru and founder of body control pilates

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