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# The Women's Health Big Book Of Pilates: The Essential Guide To Total Body Fitness



## Synopsis

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 â | ) 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:Â How to incorporate Pilates at work, in travel, and in your daily routineÂ What props to use to best boost your workoutÂ 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.

## Book Information

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## Customer Reviews

This book is excellent! I also own Brooke Siler's other book, "The Pilates Body", which was my original introduction to Pilates years ago. I had thought that was the only book I'd ever need about Pilates, but I was wrong! This new book goes above & beyond. The first few chapters are for people new to Pilates -- she gives a detailed background about founder Joseph Pilates, her own training, and answers common questions about it and explains how it gets you fit. The next section is "Pilates for your Plate," which teaches you how to eat healthy. Then is a chapter on technique -- do not skip

this chapter! It explains how to do the exercises with proper form. She also includes several modifications, such as for low-back problems or knee problems. The next section, "Pilates on the Mat: The Series," is divided up into 4 levels, of increasing advancement. So you can start with the level you feel most comfortable. The way the exercises are illustrated is very clear and concise -- a photo of the exercise being performed, and many notes on technique, breathing, and tips and sometimes variations. A beginner would have no problem following it, and even a Pilates veteran would find more information and variations to keep them interested. After each Level's mat exercises there are a series of "Enders," which include a lot of toning with weights -- done with Pilates techniques of course. For those wanting to use some gadgets & gear there's also a chapter using props such as bands, Magic Circle, Swiss ball, steps, and Tensatoner. A door anchor may be required to do the exercises with the elastic bands. Another section, "Pilates by Posture," delves into some common postural problems (and how they affect your body) and how to correct them.

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