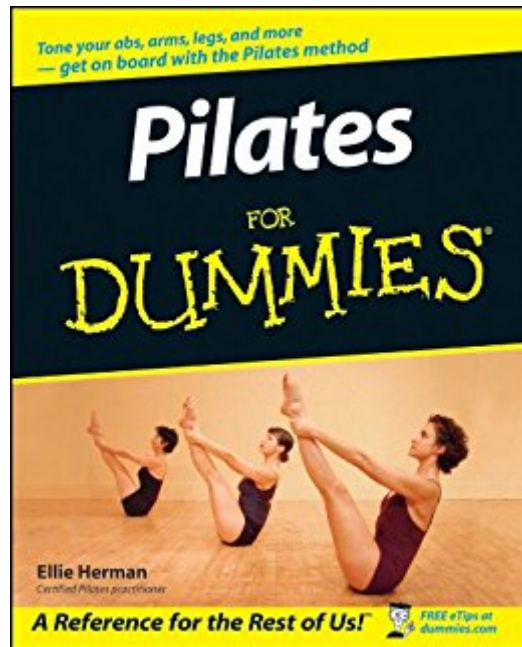


The book was found

# 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 it'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 who'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 Pilates 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.

## Book Information

File Size: 13946 KB

Print Length: 364 pages

Publisher: For Dummies; 1 edition (April 18, 2011)

Publication Date: April 18, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004X75OWK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #593,361 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pilates #141

in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #216560 in Kindle Store > Kindle eBooks > Nonfiction

## 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.

[Download to continue reading...](#)

Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates

Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Pilates For Dummies Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Pilates : Workout routines to change your body Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Pilates: Body in Motion The PMA Pilates Certification Exam Study Guide The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness The PMA Pilates Certification Practice Question Booklet Fix Your Feet- Using the Pilates Method The Complete Book of Pilates for Men: The Lifetime Plan for Strength, Power & Peak Performance Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season

[Dmca](#)