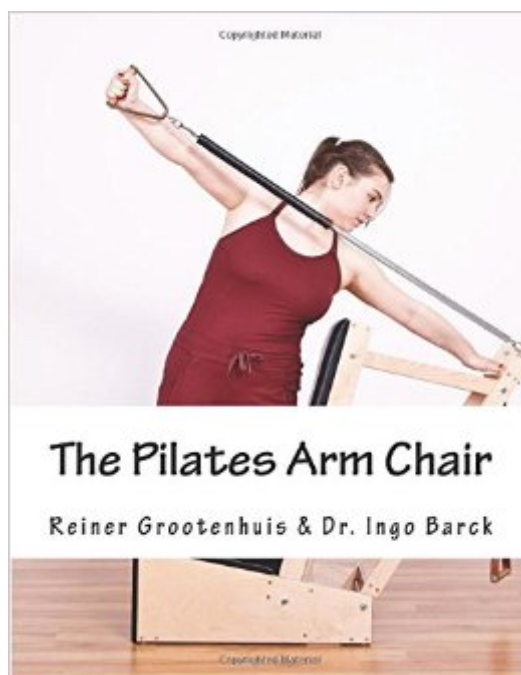


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# The Pilates Arm Chair (The Pilates Equipment) (Volume 2)



## Synopsis

The Pilates Arm Chair is a rather rare piece of Pilates equipment, only to be found in few, especially well equipped Pilates studios. Due to this circumstance, written knowledge about the Arm Chair is also rare to come across. With this training manual, Reiner Grootenhuis is now publishing the first worldwide publicly available reference book for the Pilates Arm Chair. The Pilates Arm Chair is especially suitable to tackle shoulder and neck problems, as many of the exercises cover these areas. It is also well fit for training with people with weaker arm, shoulder or chest muscles as well as elderly persons. Almost all of the Arm Chair exercises can be adapted to the Cadillac or Tower with the help of a box or even easier by using a chair and a Thera-Band Â®. This makes the manual flexible to use also on these pieces of equipment. The book is directed at both Pilates trainers and practitioners, who have performed the Pilates method for some time already and would now like to familiarize themselves with the Arm Chair. The manual covers 42 Arm Chair exercises. Each exercise is precisely described on an individual page and visualized in 3 easy-to-follow steps with large, professional photos. Consequently, the manual is fit to both learn the exercises for the first time as well as deepen your knowledge about each one. Due to its format, it is also invaluable as an easy-to-use reference guide for your daily work at the studio.

## Book Information

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Dieting > Exercise & Fitness > Pilates

## Customer Reviews

Excellent book and very good value, clear and concise with thorough photos to demonstrate the exercises. I also appreciated the designation whether it was a traditional or modern version exercise as well as modifications and specific muscle focus. I highly recommend this comprehensive arm

chair book which is very reasonably priced. Thank you Reiner! Katherine Rice

This is an excellent resource for pilates teachers and students alike that use the Pilates Arm Chair in their practice. I believe this is the first comprehensive technical resource manual for all of the the arm chair exercises. The pictures are great and each exercise has a description of the proper set up, the stated focus as well as modifications/variations and common mistakes to look for. Any studio that has a 'baby chair' should have this resource manual on hand!

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