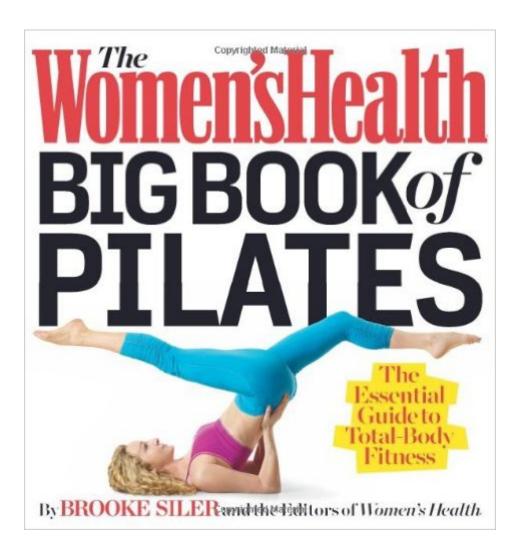
The book was found

# 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 cravesâ •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: 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.

## **Book Information**

Paperback: 432 pages Publisher: Rodale Books (October 22, 2013) Language: English ISBN-10: 1623360927 ISBN-13: 978-1623360924 Product Dimensions: 8 x 0.8 x 8.5 inches Shipping Weight: 2.2 pounds (View shipping rates and policies) Average Customer Review: 4.8 out of 5 stars Â See all reviews (73 customer reviews) Best Sellers Rank: #35,773 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #149 in Books > Health, Fitness & Dieting > Women's Health > General

#### **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.

#### 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 Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness 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 Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saving a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness RUNNING : How to get in shape while you train for mental toughness: The beginner guide to total body fitness (Build a Better Self Book 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes!

(2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body-Without Machines Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Suspended Bodyweight Training: Workout Programs for Total-Body Fitness

<u>Dmca</u>