

The Power Of Pilates

The #1 Bestselling Fitness Book from the "Most Watched Online Yoga and Pilates Guy", Sean Vigue! This interactive book is for the total beginner (perfect for men and women of all ages and fitness levels) who wants to increase their strength, flexibility, power and overall health and fitness using only their bodyweight. You'll see dramatic results after the very first workout! “Sean Vigue’s 30 Day Beginner Program” is the PERFECT easy to follow workout companion for the total beginner who wants to increase their physical and mental performance on every level or anyone who has been dying to try yoga, Pilates, Power Yoga, stretching and calisthenics but didn’t know where to begin. This complete 30 day training program will have you up and reaping the benefits today. There’s no time like the present! This program consists of 30 COMPLETE WORKOUT VIDEOS (plus 2 extra credit more challenging programs at the end of the book). You simply copy and paste the link on each page and do the workout directly with me. The workouts are designed to ease you effortlessly into the program and they progressively become more challenging as you build that natural strength, flexibility and confidence. You will be AMAZED at how much progress you make after the first workout and it only gets better. And best of all – all you need is your bodyweight. No weights. No equipment. No gym. Only a workout mat and comfortable clothing is recommended. Along with each video is a description of what you’ll be doing, where the video was filmed and fun bits of trivia about how the workout came to be...sort of a behind the scenes peek. Every video has a story and Sean is excited to let you in on the secrets and bloopers behind each experience. It’s time for you to look and feel better after the very first workout. Why not begin today? You can do these workouts anywhere and anytime, working them effortlessly into even the busiest of schedules. Or take these workouts to the gym and do them before, during or after your current routines and watch your physical and mental performance increase massively. The sky is the limit. Grab your workout mat and let’s go! P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

Whether you are a habitual insomniac or have something on your mind, this book includes a series of stretches using the Pilates method – many of which can be done lying in bed – to ease muscles, release tension, and trigger natural sleep responses. Quotations are also included in this mini-book.

Powers PilatesStefanie Powers' Guide to Longevity and Well-being Through PilatesSimon and Schuster

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.

The Complete Guide to Pilates Exercise at Home 259p

Ellie Herman's Pilates Workbook on the Ball

Body Control

The Ultimate at Home Guide to Strengthening, Lengthening, and Toning Your Body --without Machines

Level beginners

Short Review on Winsor Pilates

The Lifetime Plan for Strength, Power & Peak Performance

Safe Techniques to Reduce Pain, Build Strength, and Speed Recovery Studies suggest that proactive strengthening and flexibility-recovery exercises can speed healing after spine surgery. Whether you're preparing for or recovering from spinal surgery, recuperating from a back injury, or just dealing with a back that has 'issues,' this book offers an effective program to help you manage pain and regain strength and mobility. These exercises modify traditional Pilates routines to accommodate partially immobilized spines, making this routine safe and effective therapy for your fragile back. The exercises are designed to not compromise a spinal fusion. Instead, they will do what Pilates exercises do best--stretch, strengthen, and tone the trunk with precise positioning and movement, while avoiding potentially dangerous repetition and overexertion. Pilates for Fragile Backs is an excellent program for people who have had spinal fusion. The simple but effective Pilates-based exercises will help tremendously in reducing pain and restoring mobility. –Vijay Vad, MD, assistant professor of rehabilitation medicine at the Weill Medical College of Cornell University and author of Back Rx and Arthritis Rx ..Adhering to a program of Pilates, as described in Pilates for Fragile Backs, under the guidance of a certified instructor can be a most useful means to improve back function and relieve pain. Clearly, this is a valuable therapeutic modality that is underutilized in today's current pain management programs associated with spinal disorders. –Charles Birbara, MD, chief of rheumatology at Worcester City Hospital in Worcester, MA In my practice, I constantly emphasize the importance of proper spinal alignment, good posture and a strong mid-section. Pilates for Fragile Backs highlights these points in an easy-to-follow exercise program for patients suffering with chronic back pain. I have recommended this program to many of my patients, and they are thrilled with the results. –Anthony S. Rainka, DC, South County Chiropractic, Sutton, MA As a physical therapist, I have been able to utilize the exercises in Pilates for Fragile Backs with my clients. They have shown a reduction in pain, an improvement in posture and balance, increased strength, and healthier muscle tone. Best of all, the program does wonders for their self-esteem. –Pam Craig-Stewart, PT, director of rehabilitation at Christopher House in Worcester, MA This book is a much needed labor of love that offers clear and helpful advice for anyone who has ever lived with chronic back pain. The spine problems addressed in this book are very challenging ones for doctors and therapists alike, and the authors use their first hand experience with spinal trauma to break new ground for exercise therapy. A specifically modified Pilates program indeed offers the possibility of comfort and relief for a largely under-served group in our society. –Ellen Kiley, RYT, therapeutic yoga practitioner specializing in scoliosis and spinal fusion I underwent an anterior/posterior fusion (L4–S1) over a year ago due to degenerative disk disease with annular tears. Since then, Pilates has done wonders for me. I started pursuing basic lumbar stabilization mat work a couple of months following surgery. I had urged my neurosurgeon to allow me to begin sooner than usual because I'd had a big increase in pain. My physical therapist felt it had to do with the stiffness that begins to set in as the weeks go by without stretching and exercising. I had every confidence that Pilates would improve my situation and I swear by it! I've been back to work full-time. I am also walking about four miles, three days a week! I'm sure Pilates for Fragile Backs will be a major help to many others. –Diana Stahl, Cincinnati, OH

Presents an exercise plan designed to relieve back pain, control weight, reduce stress, improve flexibility, stimulate the circulatory system, and help prevent osteoporosis

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Pilates for Rehabilitation explains how to incorporate Pilates exercises into rehabilitation programs to heal injuries, improve core strength, promote efficient movement, and help manage pain.

Pilates for Athletes

The Lifetime Plan For Strength, Power & Peak Performance: Pilates Method Book

Caged Lion: Joseph Pilates and His Legacy

Pilates For Men

Recovering Strength & Flexibility After Surgery, Injury, Or Other Back Problems

Pilates for Weight Loss

An equipment-free introduction to Pilates for middle-aged readers incorporates traditional practices and age-specific tips, demonstrating easy-to-follow exercise sequences using full-color photographs while providing coverage of how to improve fitness and flexibility. Original. 35,000 first printing.

Pilates is the fastest growing exercise trend! Finally, an anatomy textbook that is for Pilates practioners. Now you can easily learn what you need to be able to teach the Method. Clear anatomical drawings that relate to specific exercises with definitions of muscles and how they work and where they attach. Muscle recruitment is explained for each exercise.Essential for any Pilates teacher or trainer.

Unleash the Power of Pilates From Tiger Woods to the Cleveland Indians to the toughest linebackers in the NFL, professional athletes and Hollywood celebrities are using Pilates to gain explosive strength, increase their range of motion, and build stamina and energy. Now, men everywhere can reap the incredible benefits of Pilates with the Pilates for Men workout. Based on the groundbreaking IM=X (Integrated Movement eXercise) principles created by Elyse McNergney, it is a cross-conditioning system that adds resistance training and core stabilization to traditional Pilates moves. Designed to make Pilates more athletic and fitness oriented, Pilates for Men is a solid program based on the science of muscle recruitment and fatigue that promotes functional training!thus, strengthening muscle synergies, reducing your risk of injury, and improving your game. With Pilates for Men you will: ·Build muscle and reduce body fat ·Improve flexibility and gain core strength ·Revitalize your energy and increase your range of motion For all of you who want rock-hard abs without the back pain, McNergney, one of the top Pilates experts in the country, will show you how real men do Pilates.

Percy is incredibly accident-prone, and holds the dubious record of the most accidents. Percy has had a small rivalry with Harold, however, they are always willing to help each other when in trouble.

Pilates for Runners

Pilates for Everyone

Strengthen, Lengthen, and Tone-- With This Complete 3-Week Body Makeover

Innovations in Pilates

Pilates for Fragile Backs

Build a Strong, Powerful Core and Body from Beginner to Advanced

The Total Solution for Strength, Flexibility, and Power

Fit exercise into your busy life with short but effective Pilates programs. Do you struggle to practise Pilates regularly? Stress no more: these programs offer the flexibility and ease of use that busy lifestyles demand. At home, with just a mat and some weights, build these routines into your week to get the lean, sculpted body you've always wanted. In this Pilates Method Book, you will discover: – Pilates 101 that explains the philosophy and guiding principles of Pilates--Centering, Concentration, Control, Precision, Breath, and Flow--to incorporate into workouts. – 50 easy-to-follow exercises that include warm-ups, cool downs, and bonus strengthening exercises, with photographs, checklists, and tips to help guide you. – Progressive sequences that lay a strong foundation for body awareness in the introductory program, and builds strength, spinal mobility, flexibility, and control from Level 1 to Level 2. This book will inspire you to make Pilates part of your weekly routine, so you will soon reap the benefits of enhanced health and wellness.

Perfect for those who want a total body and mind workout.

The surprising story of Pilates-the man and the method.

Workout combining the benefits of resistance exercise and pilates to strengthen, firm, and tone muscles.

Pilates Perfect

Level Advanced

30 Day Bodyweight Workout Program

50 Exercises for Every Type of Body

The Everything Pilates Book

Pilates for Rehabilitation

The Pilates Path to Health

Using the techniques and fundamentals of Pilates and applying it to athletic training. Professional athletes around the world in every sport have used Pilates to gain explosive strength, increase their range of motion and build stamina and energy. Now, everyday athletes can take advantage of decades of development to reach their highest physical and mental levels and dramatically improve their conditioning, control, endurance and more. Pilates for Athletes seeks to take the principles and benefits of Pilates and apply them to whichever sports and activities you love to do--running, soccer, football, basketball, golf, tennis, hockey, swimming, cycling, baseball, gymnastics, dance, boxing, rugby, and more. Look for Pilates for Athletes to give a complete mind and body workout to make you the best athlete you can be.

Pilates benefits every body--including yours! Pilates is exercise for your mind, body, and spirit, but what if your body won't cooperate? How can you take advantage of all Pilates has to offer--strengthening your core, enhancing your flexibility, and even improving your posture--if you think you're too old or too big or too physically unable to perform the Hundred, the Shoulder Bridge, or the Double-Leg Stretch? No matter what your age, size, or physical ability is, you can do every exercise in Pilates for Everyone. Each Pilates exercise shows the typical movements for gaining the physical and mental benefits from that exercise. Then each exercise offers at least three variations performed by people just like you to help you find the right modification that fits who you are. This way, no matter which version you perform, you're going to reach similar goals. Pilates for Everyone includes these features: ·50 step-by-step exercises for specific body areas ·Step-by-step modifications for every exercise ·10 routines that combine exercises from the book for maximum benefits ·Expert advice from Micki Havard on how to get the most out of your practice

A comprehensive, take-anywhere exercise program designed to improve men's strength, flexibility, balance, and posture Have years of office work wreaked havoc on your posture? Could your tennis or golf game use a boost? Do you appear or feel older than your age? Or do you carry yourself in a manner that expresses strength, power, and peak performance to everyone around you? In recent years, Pilates has become a popular exercise program, especially among women. Many books on the subject show lithe female bodies stretched across their covers. Top Pilates instructor Daniel Lyon Jr. aims to break the preconception that Pilates only benefits and appeals to women. "This couldn't be further from the truth," he asserts. "Joseph Pilates was a cigar-smoking boxer, acrobat, and gymnast, and he developed his exercise program from that background for men first." Likewise, Lyon designed this book specifically with men in mind, as the number of male Pilates practitioners -- among them professional athletes, actors, businessmen, and other high-profile personalities -- has rocketed to about three million and continues to grow. For athletes, working stiffs, and men recovering from injuries, Lyon offers the first comprehensive exercise program of its kind. He walks you through forty "traditional mat" exercises and more than sixty "reformer on the mat" exercises -- each one brilliantly illustrated -- in an inspiring self-guided program that adapts to all experience levels and requires nothing more than floor space, an exercise mat, and the desire to look and feel your best. Using the Pilates method of engaging the strongest parts of the body, or the "powerhouse" (Joseph Pilates's term for the abdominals, hips, lower back muscles, and buttocks), and integrating all other body parts from this core, Lyon's program targets trouble spots for men and helps them achieve strong, lean, masculine physiques. The Complete Book of Pilates for Men will deliver quick and long-term results to any man who seeks optimal fitness and a competitive edge in all aspects of his life.

" This book is important for the existence and survival of Joseph Pilates intention in the world." --Lara Kolesar, Master Pilates Teacher "It is minds like Calderone's mind that will help speed up the day, where a critical mass will embrace a peaceful and balanced state between body, mind, and spirit hastening the shift in our world's paradigm from one of anger to one of love." --Brent D. Anderson, P.T., Ph.D., OCS, President and Co-founder of Polestar Pilates The Pilates Path to Health: Body, Mind, and Spirit offers a 21st century interpretation of how significant it is for individuals to regain a reasonable balance and a zest for living! Daily, our news and media position us with a global view of life on Earth from the edge of a cliff. It seems that every category of our lives is changing at breakneck speed.

How do we prepare ourselves to meet these challenges edging toward us? Gary Calderone's life is a powerful testament to the transformational power of Pilates. Pilates changes lives. It did his, as it has for so many others. With Pilates as his beacon, Gary brought himself back from the brink of debilitating illness. In this timely and richly informative book, Gary shares his inspiring road to recovery, as he traces the century-long journey that has seen Pilates emerge worldwide as one of the most impactful modalities for health, fitness, and healing the planet. Wendy LeBlanc-Arbuckle, the Foreword Author of the book, adds: "For Joseph Pilates, movement was a metaphor for life. His exercises always 'lived' for him in a much larger vision...that we discover our own inner wisdom, our ability to self-heal and reconnect with the vital forces that constitute our true nature, he was passionate that we come to know that we can live our natural birthright, a life filled with 'spontaneous pleasure and zest.' Joseph Pilates was clearly ahead of his time." "Because there is so much trendy hype about Pilates it is imperative that the real value of this work be spoken about loudly and creatively as Gary has done in his book. Pilates is transformational." --Rachel Taylor Segel with Amy Taylor Alpers, Co-founder and Co-owner, The Pilates Center Boulder, Colorado "Anyone who has had the opportunity to read this work will find themselves eagerly awaiting their next Pilates session. I myself feel more 'anchored into my bones, the earth, and my life' just having read the manuscript." --Zoe Stein Pierce, Director, Pilates at Dancescape Studio, The Premier Pilates Studio of Fort Worth, Texas "Gary asks the right questions . . . he illuminates the truth about how choices for our inner health are mirrored in the manifestation of our outer experience, thereby strengthening global consciousness. Truly inspiring!" --Clare Dunphy, Peak Pilates Master Trainer, Director, Progressive Bodyworks, Inc.

Powers Pilates

Pilates Illustrated

Big Book Of Pilates

Power Yoga for Athletes

Recovering Strength and Flexibility After Surgery, Injury, or Other Back Problems

Body, Mind and Spirit

More than 200 Exercises and Flows to Improve Performance in Any Sport

Master the basics of Pilates for Weight Loss in record time with one easy class! The Instant Master Class series are beautifully presented hardcover books with an accompanying DVD housed within a slide tray that is incorporated into the front cover. Together each book and DVD set (run time approximately 50 minutes) delivers a complete class for you at home featuring expert information and tips for adapting and customizing the elements at home. With a selection of popular lifestyle, health and fitness titles available, the Instant Master Class series has something for everyone. Lose weight while improving your wellbeing.

Fitness specialist Steve Shipline shows you how to get the most out of your Pilates, whether you're a lady who lunches or a recuperating rugby player! Steve's Pilates starts with the meeting of belly button and back bone. Here's how to get your daily dose of dorsal alignment. Power-up Pilates shows how you can get the most out of your hard work by putting into practice the inside secrets of top Pilates practitioners. Power-up Pilates is the key to a healthier and more balanced you.

FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND EASILY LEARN OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE BALL Specially designed by San Francisco—based Pilates expert Ellie Herman for her studio clients, the exercises in this book combine the powerful slimming and shaping effects of Pilates with the low-impact, high-intensity workout of the ball. Adding fun, variety and increased effectiveness, the ball transforms traditional Pilates moves into an unparalleled workout offering: •Aerobic conditioning •Muscle toning •Body sculpting •Fat burning •Improved posture •Mental concentration Each of the movements—from beginner bounces to super-advanced balances—are explained with clear captions and easy-to-follow photo sequences.

Javier Pérez Pont and Esperanza Aparicio Romero were professional dancers for more than 15 years, working as soloists and principals in several European companies. In 1994 they discovered the Pilates method of body conditioning. Javier and Esperanza moved to New York to study with the legendary Romana Kryzanowska and her daughter Sari Mejía Santo. They stood for a time beside these two teachers in order to improve their knowledge and reach Level II, becoming international trainers of the organization. At the end of 1999 decided to return to Spain and settled in Barcelona. Making this city the seat of the first Pilates Studio in Spain, endorsed and supported by his two teachers. In 2002 launched the Teacher Certification Program in Spain under the tutelage of the two teachers mentioned. In 2005 they published "The Authentic Pilates Method, The Art of Control" with Editorial Planeta, having been a bestseller not only in Spain but throughout Spanish-speaking America. In 2012 Javier and Esperanza published a collection of seven e-books under the general title of "Contrology Pilates Physical Culture" with HakaBooks e-Ditions about the technique of the method and apparatus. Available in Spanish, English and Portuguese. In this moment Javier Pérez Pont still working on the second part of "The Biography" and on a new book dedicated to finding the ethical, moral and personal estate of Contrology. A dive into the depths of the origin and development of this art, which closely links author and work as a whole. A new book that aims to regain lost the true spirit of Contrology. For the first time ever we have the chance to find out the truth about Joseph Pilates. A Book that will dispel the false myths concerning this historical figure, bring us closer to who Joe really was and what his Contrology meant.

Mori Winsor Perfect Pilates Workout

More Than 100 Poses and Flows to Improve Performance in Any Sport

Joseph Hubertus Pilates. The Biography

Pilates for Every Body

The Complete Guide to Pilates Exercise at Home

Ebony

Using Techniques Developed by Joseph H. Pilates

Contrology is complete coordination of body, mind, and spirit. Through Contrology you first purposefully acquire complete control of your own body and then through proper repetition of its exercises you gradually and progressively acquire that natural rhythm and coordination associated with all your subconscious activities. This true rhythm and control is observed both in domestic pets and wild animals —without known exceptions. Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit. In childhood, with rare exceptions, we all enjoy the benefits of natural and normal physical development. However, as we mature, we find ourselves living in bodies not always complimentary to our ego. Our bodies are slumped, our shoulders are stooped, our eyes are hollow, our muscles are flabby, and our vitality extremely lowered, if not vanished. This is but the natural result of not having uniformly developed all the muscles of our spine, trunk, arms, and legs in the course of pursuing our daily labors and office activities. If you will faithfully perform your Contrology exercises regularly only four times a week for just three months as outlined in RETURN TO LIFE, you will find your body development approaching the ideal, accompanied by renewed mental vigor and spiritual enhancement. Contrology is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain. And this by no means is the end.

Pilates for Runners is a valuable resource filled with mat Pilates exercises designed for runners of all abilities. The clear and accessible exercises will help runners develop core strength, flexibility, improved balance, coordination and better posture, all of which are important for injury-free running and optimal performance. Alongside the clear step-by-step exercises you will find expert advice and motivational interviews with real runners who testify to the transformative power of Pilates.

The joint effort of a psychotherapist, a Pilates instructor, and a respected New York back surgeon, this book offers a step-by-step method for gentle rehabilitation and recovery, a proven program for regaining mobility and quality of life.

Pilates-based exercises are used throughout this book because I feel they provide the most benefit for pregnant women. But... Pilates is much more than just a series of exercises. It is a lifestyle and philosophy that incorporates more than just a mind/body experience. It becomes a way of life for most Pilates instructors. We teach Pilates from the heart and soul, truly believing in its power to change lives. By teaching this course, I hope to plant a seed in all teachers and leave it with them to blossom through their own experiences. Pilates instructors have the ability to change not only bodies, but beliefs as well. Whether a woman chooses to do Pilates, Yoga, run or swim, being healthy physically is conducive for a better birth as well as post-partum recovery. By writing this book for the pregnant woman, I hope to impart the limitless possibilities, not just for exercise during pregnancy, but also for healthier ways of giving birth.

Off to Sleep

Power Pilates

Easy to follow videos for Yoga, Pilates, Flexibility, Power Yoga and Core Training

Power Paced Pilates

Return to Life Through Contrology

Pilates for Men

Anatomy of Pilates

Book for developing Pilates flexibility. Includes exercises and stretches.

The Pilates method is not a registered trademark, which is why all teachers can modify the method to their liking and adapt it to their aptitudes. The only requirements are that the method remake to these basic principles. 1) First, the breathing. It must always be kept under control and it is the teacher who has to ride it like in yoga. In Pilates, unlike what happens in Yoga, air entering the nose but you eject both the nose and the mouth. Every Pilates exercise has its own rhythm of breathing. In Pilates, you breathe in when you start the exercise and the time of greatest effort you exhale. Watching our videos you will learn exercises simply to breathe properly. 2) It 's very important center of gravity, which is the Power House. According Pilates is that there is no central control and strength of the entire body. 3) is fundamental accuracy: all movements must be as close as possible to perfection, in a continuous exchange of feedback between student and teacher. 4) It takes the highest level of attention and concentration for each year. 5) Any part of the body must be controlled. Our mind must always be vigilant and in control of every part of our body. 6) All the above principles are summarized in the flow.

The #1 Bestselling Fitness Book from International Fitness Instructor Sean Vigue! Sean has helped millions of guy of all ages and fitness levels become stronger and healthier with Pilates...why not YOU? This all fitness levels, easy to follow total Pilates training manual includes 35 dynamic Pilates mat exercises (only your body weight is needed. No equipment necessary.) complete with color photos, descriptions and add-ons/modifications so you'll get a great workout no matter your age or fitness level. There's also 6 complete Pilates workouts (beginner, intermediate, advanced, hard abs, strong back, athletic training) so you can get moving right away and reaping the many benefits of adding Pilates to your life: strength, control, endurance, flexibility, massive core strength, agility, focus and pure POWER. You can also train directly with Sean as all of the 6 workouts have been filmed and added to his popular YouTube channel with links in the book. It's always Sean's goal to make getting in incredible shape as convenient, effective and fun as possible. Never underestimate the importance of cross training (combining of various exercises and workouts to work various parts of the body) so Sean has included an exclusive training program (link provided) which includes 10 different diverse and challenging workouts from Power Yoga to Cardio Core. You will never get bored with your workouts! Pilates is the perfect stand alone workout or can be added into your current routines. It's super convenient and can be done anywhere and anytime according to your schedule and will dramatically enhance your performance on every level, for EVERY sport and EVERY activity....Pilates has you covered!

Provides a program of Pilates exercises with illustrated step-by-step instructions for a complete circuit of mat exercises

Power and poise for daily life

Illustrated Step-by-Step Guide

Everything you need to start using Pilates to improve your running – get stronger, more flexible, avoid injury and improve your performance

The Little Pilates Book

Matwork for Health and Wellbeing

Michelle Merrifield's Power Pilates

The Pilates Body

A guide to lengthening and strengthening muscles while improving posture, flexibility, and balance.

A basic-level guide to Pilates yoga is designed for practitioners at any fitness level and requires only a mat, chair, and towel or blanket, and guides readers through a series of linked moves that promote strength, toning, flexibility, balance, posture, and overall well-being. Reprint. 50,000 first printing.

Now you can enjoy the exercise many celebrities swear by, as you too become trim and fit with pilates. A holistic exercise designed to condition body and mind, pilates helps strengthen core muscles, improve posture and increase flexibility.

The Complete Book of Pilates for Men

Winsor Pilates: Power Sculpting with Resistance

Power-up Pilates

The Power of Pilates

The Pilates Way to Birth

Stefanie Powers' Guide to Longevity and Well-being Through Pilates

The Ultimate Guide to Making Your Body Stronger, Leaner, and Healthier