

Pilates Anatomy

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

"In this book, you will learn Joseph Pilates' fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises."--Back cover.

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 ...) 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: Tricks to incorporate Pilates at work, in travel, and daily routine What props best boost your workout and what to skip 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.

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

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

Your Health

Stretching Anatomy--2nd Edition

Pajama Pilates

The Women's Health Big Book of Pilates

Pilates Poses Muscles Anatomy Body in Motion

Pilates is a rewarding and invigorating exercise program that can increase overall fitness, build core strength and improve performance. Anatomy of Fitness: Pilates features a complete DVD yoga program and 64-page book that will show you how to improve your physical stability, strength, and flexibility while keeping your body and mind aligned.

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.

In Anatomy Trains in Motion, the integral Anatomy Trains «map of connection» is translated into a tangible and productive application for movement training. Whether you're seeking an initial introduction to the detail of the anatomy of the myofascial meridians or you're ready for movement-relevant understanding of the interrelatedness of the lines, you'll find this to be a helpful guide. If you are a movement professional or therapist attending Anatomy Trains in Motion anywhere in the world, then this study guide is, alongside the course manual, a practical learning tool. With detailed maps of each of the Anatomy Trains lines, training aims and considerations specific to each line, recommended movement sequences to enhance fascial movement qualities, and supportive ways to embody your learning, the study guide for myofascial meridian anatomy will take you along a detailed yet integrated and embodied path toward movement ease.

A fun and easy way to learn Joseph Pilates' 34 original exercises in their traditional order. Illustrations of the exercises ,which you can color and make notes on to perfect your practice of this amazing system of exercise.

Anatomy of Yoga

50 Exercises for Every Type of Body

Innovations in Pilates

The Complete Book of Pilates for Men

a practical guide

Healing Pilates

Pilates is a particularly safe and effective exercise system which aims to strengthen the body in a balanced way by specifically improving the function of the weaker muscle groups. Emphasis is placed on strengthening the muscles of the trunk so that support of the spine increases plus posture and shape improve. The exercises enhance overall flexibility and fitness, improving co-ordination and balance. Muscles are gently stretched and lengthened as the exercises progress and overall body strength improves. describes the underlying principles of the exercises in physical terms describes the treatment of common medical conditions provides a manual for those in the remedial health care professions

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 stiff, 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.

A full-color guide describes several yoga poses, with each pose shown in photo, as well as in an anatomical drawing that identifies the active and stabilizing muscles being used, in a book that covers the basics of yoga, breathing and the spine and includes informative fact boxes. By the author of Pilates Anatomy.

Awareness of movement potential," says author Jo Ann Staugaard-Jones, "is key to a healthy body and injury prevention." The Anatomy of Exercise & Movement shows readers how to gain that awareness by understanding the biomechanics of movement. In ten chapters, color-coded for easy reference, the author covers all of the major muscle and joint areas, including the spine; core region; shoulder; elbow; wrist and hand; and hip, knee, and ankle/foot joints. Most importantly, each chapter contains strengthening and stretching exercises for all of the above areas. Developed as a handbook, The Anatomy of Exercise & Movement is an accessible resource for anyone who would like to know more about his or her body, how it moves, and what can be done to improve that movement. The more than 275 high-quality, four-color anatomical drawings and the broad scope of muscle and joint groups make this one of the most important guides to the moving body on the market. A helpful "Myths" page at the end of each chapter debunks many of the misunderstandings and rumors about fitness that have circulated over the years.

E-Book Teaching Pilates for Postural Faults, Illness and Injury

Dance Anatomy and Kinesiology

A Guide to Increasing Your Flexibility

Pilates for Rehabilitation

An Illustrated Guide to a Safe and Effective Core Training Program

The Anatomy Coloring Book

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.

Discover the power of massage—from the inside out—in this unique reference book featuring seven styles of massage and enlightening anatomical illustrations. Messages energize, revitalize, and renew both body and spirit, and have even been proven to restore and promote good understand how the body works. Everyone from new students to experienced massage therapists can benefit from this book dedicated to the practice of massage. ·The world of massage at your fingertips! This comprehensive book explores seven of the world's best-known styles: Stone, Reflexology, and Reiki. ·Massage Anatomy uniquely combines an understanding of the human body with different massage styles, making it an excellent resource for practitioners of all levels. ·Detailed anatomical illustrations and approachable text demonstrate body planes, nervous and lymphatic systems. There is also a helpful reference section on massage terminology and a glossary of muscles. ·Discover the ancient secrets practiced by Native Americans and Egyptians using warm stones that are applied to the body. Feel the "spirit life force" of promote peace and well-being. And find out how to combine Swedish, deep-tissue, and sports massage techniques for a fabulous massage fusion. Next to strong hands, this comprehensive guidebook is a massage therapist's most important tool, an invaluable resource for new students. ***SECOND EDITION*** SPECIAL & LIMITED TIME OFFER!!! Free BONUS inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Download it Now! Do you want to strengthen your muscles? Are you in need of losing weight? Can you use help with stubborn belly fat? Would you like to do movements that would help with body aches and pains? If you can say "yes" to even one of these questions, then Healing Pilates is the book for you! In this book by Ellen on practicing Pilates. Introduced by Joseph H. Pilates, Pilates (Originally called "Contrology") is a term used for an exclusive classification of strengthening, stabilizing and stretching exercises. Pilates is the art of highly controlled and calculated movements, which will have a feeling of control. Pilates retains the ability to aid in getting, through constant practicing, flexibility, control, strength, develops control and endurance in the entire body and posture. In this book, you will learn several reasons that your body is in need of trimming and would benefit from decreased immunity levels, reliance on technology as a big cut to physical activity and being overweight that denotes social humiliation. Healing Pilates delves into the history of Pilates and talks about the Return to Life through Contrology (the combination of Control and Logia aspects of Pilates are body alignment, stretching and an increased core strength. With Pilates, you may also want to use "apparatus" or accessories and equipment to further your experience. Some of the types of equipment mentioned in this book include Pedi-Pole, Wunda Chair and Spine Corrector and the most famous being the Reformer. Some of the benefits of using Pilates is for weight loss, for aiding in dance, during pregnancy, to reduce belly fat, for back pain and to improve ab development. Pilates is an absolute synchronization and dexterity of Pilates are concentration, control, centering, and flow of movement, precision, breathing and power house (human body as a system of harmonized organs). This book will also show you a comparative analysis between the practices of Pilates and Yoga so that you can make an informed choice. Healing Pilates also has a section on precautionary measures. If you want to get your body in better shape while improving your overall health and mind set, then Pilates is for you. This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Download it Now! Karen Clippinger's first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What's New? • A support the text • An improved organization that will help teachers better cover the content in their courses • A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know • demonstrate muscle movements and technique considerations and set the book apart from others in its field Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers. • joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging and more material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dancers. • guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests • A presentation package providing slides with text and graphics that reinforce key points • A student web resource including assignments, outlines, demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of over injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as "anatomy, kinesiology, and conditioning classes" (Journal of Dance Medicine and Science); "a must for any dance teacher who is serious about helping their students" (Australia Dance Teacher Magazine); and "the most substantive dance science resource to date" (Journal of Dance Education). Trail Guide to the Body 6e

The Pilates Body

Yoga Anatomy

Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness

Pilates Anatomy Poster

Functional Anatomy of the Pilates Core

Covering mat work and apparatus, Pilates, Second Edition, is the most respected and comprehensive guide available. Exercises include photo sequences, level of difficulty ratings, recommended resistance ranges, and instructions and reasons for performing the movements. Many exercises include variations for increasing or decreasing the challenge.

Brimming with engaging exercise tips and colorful illustrations, this fun-to-read guide makes it easy to do pilates in your pajamas. Improve your strength, tone your body, and increase your flexibility with these 40 easy-to-follow exercises that you can do at home. Written by certified Pilates instructor Maria Mankin, the exercises include step-by-step instructions, notes on their physical benefits, and modification options. Readers will discover how to improve posture and core strength using a kitchen counter, stretch out their legs using the dining table, and tone their arms using the edge of the bathtub, plus so much more. Each exercise is paired with a colorful illustration of a pajama-clad person demonstrating the pose. Simple to follow and with no special equipment required (beyond pj's!), this accessible take on a popular exercise technique makes it easy to get fit without leaving the house. EXERCISE MADE EASY: Packed with achievable exercises, this interactive guide to at-home Pilates is perfect for people looking for easy, accessible ways to stretch and strengthen at home. No special equipment required! ALL-LEVELS AUDIENCE: With a range of practices and modification options, this book will appeal to a wide audience—from Pilates newbies looking for ways to get fit at home to experienced practitioners in need of exercise inspiration. The low-impact, high-reward practices can be done one at a time, or in a sequence for a more challenging routine. GREAT SELF-CARE GIFT: Brimming with healthy practices and colorful artwork, this package makes a great self-care gift for moms, workout enthusiasts, and Pilates lovers, and pairs perfectly with other self-care accessories or a set of pajamas. Perfect for: • Pilates enthusiasts • Mother's Day gift shoppers • Anyone looking for easy ways to stay fit • Anyone looking for at-home exercises • Anyone who works from home

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

For more than 20 years, Trail Guide to the Bodyhas been helping instructors deliver lessons in clear and memorable ways. With the new edition, it will be even easier to deepen students' understanding of surface anatomy and mastery of palpation.- New full-color illustrations convey the most life-like representations of anatomical structures.- Chapter introductions with pre-learning questions improve comprehension and retention.- Concise clinical stories provide relevance and real-life application.- Newly designed icons and headings helps students quickly locate critical content.- Updated anatomical terminology reflects the latest consensus.

Joseph Pilates 34 Mat Exercises

Pilates Anatomy and Physiology Coloring Book for Beginners

Pilates for Everyone

The Pilates Mat Coloring Book

The Lifetime Plan for Strength, Power & Peak Performance

The Concise Book of Yoga Anatomy

Created by Joseph Pilates during the early 20th century, Pilates is used by millions today to improve their physical and mental well-being. Much of its appeal lies in its simple, low-impact approach, which is ideal for injury prevention, rehabilitation, and general physical health. Based on a series of precise movements and the employment of equipment such as rubber balls and exercise bands, Pilates emphasizes concentration, control, alignment, core stability, and proper breathing. The Anatomy of Pilates shows what actually happens to the body ' s muscles and joints during Pilates exercises. Each two-page spread features detailed anatomical illustrations of an exercise (with muscle actions highlighted in red), a detailed description of the exercise and its objectives, the particular breathing pattern to be used, a list of the specific muscles being worked, visualization techniques, complementary exercises, and more. The Anatomy of Pilates is an accessible, authoritative guide for current and prospective teachers of Pilates, practitioners at all skill levels, physical therapists, and other health professionals.

Let's flex! Discover Pilates—from the inside out—in this innovative reference book featuring exercises and workouts for every level. Madonna does it. Jennifer Aniston does it. And so do plenty of pro football players. These days, it seems like everyone is doing pilates, a form of exercise that strengthens core muscle groups for a lean, toned body. Whether you're already a pilates devotee, or a couch potato who's ready to reform, Pilates Anatomy is for you! * Written and developed by a renowned pilates instructor, Pilates Anatomy is designed to be a thorough guide for every level—from beginner to advanced. * This unique book aims to teach more than just different exercises. Detailed anatomical illustrations teach readers all about muscle mechanics and how their bodies work to encourage safe, injury-free workouts. To help reinforce students' understanding, this book also features reference sections on pilates terminology and a glossary of muscles. * Discover how " chicken wings," " tiny steps," and " the corkscrew " can help you create a long, lean, strong body. Readers can choose from a comprehensive list of individual pilates exercises designed for every level of practice. * In addition to individual movements, this amazing book also includes a series of challenging workouts featuring both mats and props for beginning, intermediate, and advanced students.

* Discover powerhouse sales! Interest in pilates continues to grow--there are over 15 million people who regularly practice pilates, and many more who would like to try this method of exercise. * Includes poster of pilates techniques and muscle systems.

A ground-breaking series featuring amazing computer-generated 3D anatomical images highlighting key muscle groups.

This is Pilates as you ' ve never seen it before. With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, Pilates Anatomy takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. Using the original mat work of Joseph Pilates, you ' ll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked. Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. You ' ll also find techniques for breathing, concentration, and self-awareness for a unique exercise experience that enhances your mind and your body. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, PilatesAnatomy is a one-of-a-kind resource that you ' ll refer to again and again.

The Anatomy of Pilates

Message Anatomy

An Illustrated Guide to the Science of Motion

Anatomy Trains in Motion

Pilates, 2E

Anatomy Trains

This is a fun mix of coloring book and instructional guide anatomy for the pilates enthusiast and teacher. This great tool provides an entertaining and informative journey through the human body, focusing on the muscles used in pilates. Each anatomical feature is illustrated with a big beautiful black-and-white drawing of pilates posture to color. It will be a fun activity for you to learn the body and muscles while coloring through 24 poses.

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

Take a detailed look at your Pilates practice with the superbly illustrated exercises in Pilates Anatomy, Second Edition. Choose from 46 exercises to target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. See which key muscles are activated, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, and movement are all fundamentally linked as you work to tone the body, stabilize the core, improve balance, and increase flexibility. Use the Personalize Your Practice section for each exercise to vary your practice and customize your workouts to fit your needs. Here you'll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength. Variations provide variety, and progressions are offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques for breathing, concentration, and self-awareness, providing a unique exercise experience that enhances your body and your mind. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, Pilates Anatomy is a one-of-a-kind resource that you'll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Pilates Anatomy, Second Edition Online CE Exam, may be purchased separately or as part of the Pilates Anatomy, Second Edition With CE Exam, package that includes both the book and the exam.

"Pilates Anatomy" provides a customizable approach and combines 213 full-color anatomical illustrations with step-by-step instructions for 46 of the most effective mat exercises for building a stronger, more articulate body.

A Corrective System of Exercising that Revolutionizes the Entire Field of Physical Education

Anatomy of Fitness Pilates

Caged Lion: Joseph Pilates and His Legacy

Anatomy of Stretching

Embrain and Embody Myofascial Meridian Anatomy

Myofascial Meridians for Manual and Movement Therapists

Stretching Anatomy, Second Edition, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. Step-by-step instructions describe how to perform each stretch, while 110 full-color anatomical illustrations highlight the primary muscles and surrounding structures engaged.

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy--a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice. The book is visually designed in quick reference format to offer useful information about the main skeletal muscles that are central to yoga, with asanas to demonstrate the particular muscles and muscle groups. Over 230 full color illustrations detail each muscle's origin, insertion, and action in order to clearly reveal how the muscles come into play in the movements and postures of yoga. Knowledge of yoga anatomy is paramount to the ability to teach or practice with no injury to oneself or others. With this foundation in place, it is possible to focus on the spiritual element of yoga as well as the physical. Yoga is a union of the two, so where appropriate, the more profound side of the practice is mentioned as it relates to the body. The Concise Book of Yoga Anatomy illustrates the form and function of the muscles first, then interlays the muscles into the yoga posture for full understanding in a clear and integrated way, explaining the technique of the asanas, as well as other important aspects of yoga: pranayamas, the bandhas, and chakras. Table of Contents About This Book 1 Anatomical Orientation 2 Muscles of Respiration 3 Muscles of the Face and Neck 4 Muscles of the Spine 5 The Deep Core and Pelvic Floor 6 Muscles of the Shoulder and Upper Arm 7 Muscles of the Forearm and Hand 8 Muscles of the Hip 9 Muscles of the Knee 10 Muscles of the Ankle/Foot Resources General Index Index of Muscles From the Trade Paperback edition.

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.

Pilates AnatomyHuman Kinetics

A Comprehensive Guide

Return to Life Through Contrology

Pilates Anatomy

Fundamental Pilates

Anatomy of Pilates

The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga

An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

No matter your fitness level--whether you're in great shape or have never set foot in a gym--learning to do Pilates means going back to the basics. Teaching you core Pilates exercises and easy sequences, Pilates for Beginners is the ultimate starter guide to confidently practice Pilates at home. From your first time on the mat to finishing a complete sequence, Pilates for Beginners develops your Pilates regimen with a progressive, easy-to-follow program.

Complete with clear instructions, photographs, and tips to do the exercises right, Pilates for Beginners is your go-to reference to keep your body supple and mobile, and add more life to your years. Pilates is a source of lifelong energy, strength, and flexibility for both your mind and body. Start building your practice and feel the difference with step-by-step guidance and exercises from Pilates for Beginners.

This book is the first to illustrate the essential connection between the functional anatomy of the body ' s core and its application during Pilates ' fundamental core exercises. Focusing on the inherent potential of the human body to stabilize and move, Dr. Evan Osar and Marylee Bussard combine the most current research around core stabilization with six fundamental Pilates principles to offer simple, easy-to-use strategies for relieving discomfort and improving pain-free movement. With more than 290 full-color illustrations, Functional Anatomy of the Pilates Core provides both Pilates practitioners and professional teachers with a comprehensive understanding of how the core functions and how stabilization helps promote health and proper movement patterns through the development of balanced muscles, joint alignment, and core control. The authors apply current research on neuroplasticity, the brain's capacity to reorganize itself by developing new neuronal connections, and on the function of fascia, the matrix-like connective tissue of the body, to explain the six fundamental principles of Pilates—Centering, Concentration, Control, Precision, Breath, and Flow. They show how to avoid muscle imbalances, chronic tightness, and pain by incorporating the principles of functional anatomy during exercise. Readers learn how to:

- Achieve the alignment, breathing, and control required for developing optimal posture and movement
- Alleviate non-optimal habits that relate to common postural dysfunction, muscle imbalances, and chronic tightness
- Integrate the fundamental Pilates exercises in order to develop a more stable core and eliminate the risks of common injuries while accomplishing one ' s health and fitness goals

Includes bibliographical references and index

A Hands-On Guide to Locating Muscles, Bones and More

The Essential Guide to Total-Body Fitness

Pilates for Beginners

40 Exercises for Stretching, Strengthening, and Toning at Home