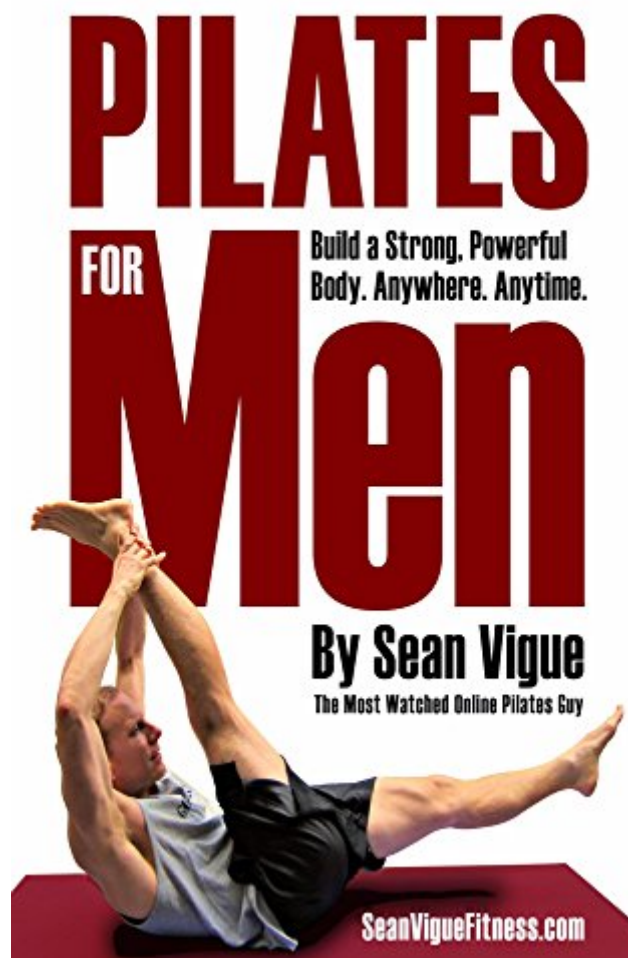


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# Pilates For Men: Build A Strong, Powerful Core And Body From Beginner To Advanced



## Synopsis

Sean has helped millions of guys 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! Sean Vigue - the Most Watched Pilates and Yoga Guy on the Planet, winner "Best Pilates for Men Workout" from Pilates Style magazine and the recent author of the popular paperback, "Power Yoga for Athletes" from Fair Winds Press and the bestselling eBooks, "30 Day Flexibility Training", "30 Days of Planks", "Sean Vigue's 30 Day Beginner Workout Program" and "Sean Vigue's 45 Day Workout Program". P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

## Book Information

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## Customer Reviews

Another great book by Sean! It contains thorough descriptions, photographs and a PLUS....Videos you can watch online for complete workouts ideas! Pilates is not for the faint of heart, and guys need to pick this up to challenge themselves like never before. It really can be a total body workout without the need of any equipment other than your own body and a mat. Check out how lean and strong you'll look and feel by adding this type of workout to your routine.

Very pleased with this book. I am new to the Pilates work out program. The illustrations in the book are easy to follow. The exercises you are using your own body weight. You can pick which exercise works best for you. I recommend this book to anyone who wants to improve their overall health.

Well written and the videos are good as well. For someone who struggles to do one push in proper form, this book is of great use. It has workouts for beginner level which leave me with more energy after 30 mins of pilates compared to conventional push ups and sit ups which make me feel dizzy and queasy in the stomach and i stop in 3 days. Also, the books are reasonably priced and the youtube videos are a great help. It would help if the kindle edition has hyperlinks to the youtube videos. I have progressed to intermediate workout in a week's time and will definitely buy the other books by sean. Lastly, i dont understand what's wrong in Sean promoting his website and books. Am sure making these videos cost time and money and he is entitled to charge a price for it or advertise his services.

The links were updated in PC Kindle, first I thought the links were not working but with help from Sean I figured them out, new format on Kindle was confusing! I am happy with the product and amazed at the customer service from Sean!

This short book has some exercises (some of which look like Pilates) but it is an ad for the author's training videos. Importantly, he is really a cross-fit trainer and he trains core strengthening instead of Pilates. As for the 'men' part he makes no discernible points as to how men might proceed better in core strengthening and he certainly provides no insight into Pilates (applicable to men or women)

Pilates For Men is a great first look for any guy curious about the benefits of yoga. For those of us who absorb more information from books than videos, this one does not deprive. Whether you're trying to get your old flexibility and core strength back after years of neglect or trying to build that strength and flexibility for the first time, you'll find what you're looking for here in abundance. Vigue's energy and unique yoga personality come through on the pages, setting the book apart from most of the other flat, uninteresting fitness books you'll find out there.

I've never been a big "Pilates" guy, and that's the point... You don't have to be to appreciate this book. Sean really breaks everything down clearly and debunks a lot of the myths about Pilates that have made a lot of guys shy away from Pilates. Whether you're brand new to fitness, or like myself, have been keeping fit all your life, you're missing out if you're not incorporating Sean's workouts into your routine. Thanks again, Sean! Looking forward to your next book, already!

Quick read. Super simple to understand. I'll start implementing this with my runners right away!  
Great work Sean! Must read for anyone!

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Your Body) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great  
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Body, Total Fitness) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular  
and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight  
Lifting, Exercise, Fitness) Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe  
and Effective Core Training Program BODY BUTTER: Homemade Body Butter Recipes - 30 DIY  
Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter

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