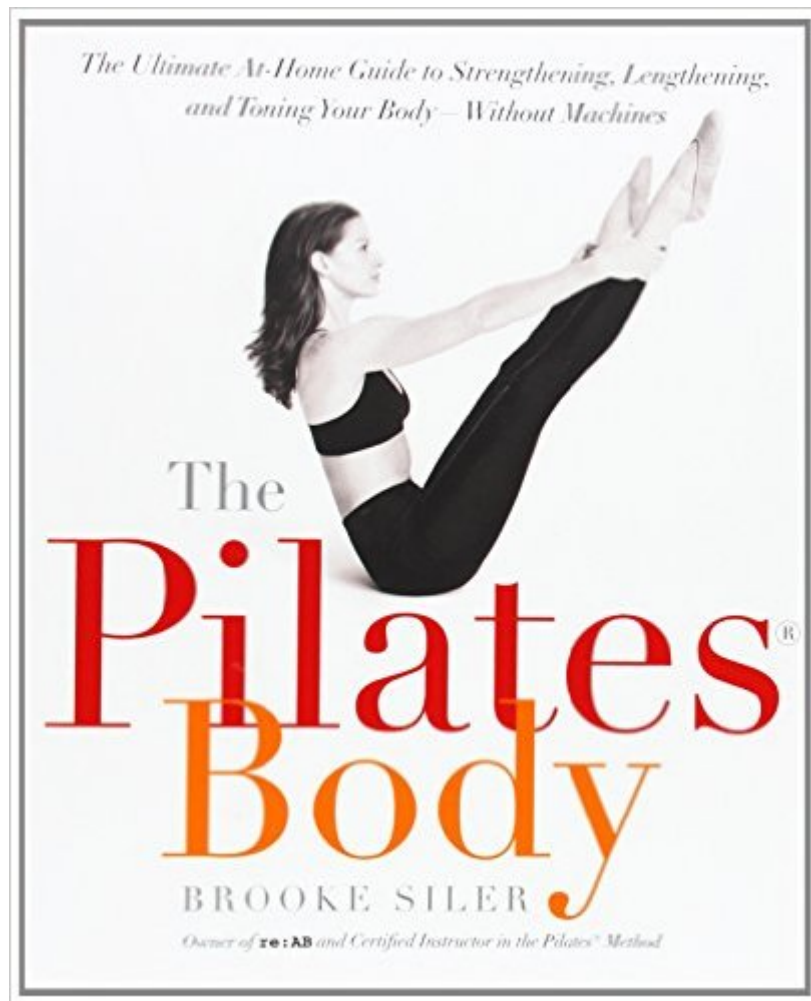


The book was found

The Pilates Body: The Ultimate At-Home Guide To Strengthening, Lengthening And Toning Your Body-Without Machines



Synopsis

The Pilates® method may be today's hottest exercise, but it has been endorsed by physicians for almost a century. Originally developed by Joseph H. Pilates to help strengthen and condition muscles, Pilates is the ultimate mind-body exercise for anyone who wants to tone, streamline, and realign their body without the bulked-up results of more conventional workout methods. Now, in *The Pilates® Body*, author Brooke Siler--one of the most sought-after personal trainers in the country and owner of New York's top studio for Pilates training, re:AB--provides a complete, easy-to follow program of Pilates exercises that can be done anywhere, anytime, and without machines. With step-by-step instructions, Siler guides the reader through the complete circuit of mat exercises, each of which is clearly illustrated by photographs, line drawings, and unique visualization exercises. With Pilates you will not only streamline your figure--you will dramatically improve your posture, flexibility, and balance, and enhance your physical and emotional well-being. *The Pilates Body* shows you how.

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Customer Reviews

Phenomenal and most of all do-able. This Pilates book has the best explanations and illustrations of all the ones out there. I know, I was in the mall and I checked them out. I bought this book over 6 months ago, as I felt I needed more than just a regular workout on an elliptical machine. I wrote a review on it shortly after I started and I wanted to update that as a number of people have emailed me for more information. Some background. I'm 43, female and 25% overweight, not exactly your svelte exerciser, so I knew I needed a routine that wouldn't hurt but would would get results. I work

in an office and nothing is worse than sitting at your desk all day aching from the previous day's exercises. I started as recommended with Modified beginner exercises, the seven basic exercises and did this for about 3 weeks. No pain but some tightness I could feel in my abdomen. As I became confident, I moved onto the regular beginner exercises. Basically, I used my ability to do the "hundred" as a measure of when I was able to move on. I could see my progress from day to day. It was really neat. I did the exercises at least 5 days/week. As time went on I added more exercises from the full program. One or two each week depending on if they were similar or really hard to do. Some were, some weren't. Still no pain. I am now doing almost all (over 95%) of all, but the advanced exercises at least 5 days/week along with my elliptical machine routine and some weight lifting for my arms. I don't have time, I make time. In my opinion, this is as important as paying my bills. In some ways, this is just what I'm doing. One question, I have been asked is am I seeing muscle definition. The answer is definitely yes. I am still overweight.

As a complete novice on Pilates and its background I started looking at all the books I could on the subject a few months ago. I had read about Pilates in the Daily Telegraph - the first time I had ever heard of the programme. There are two points I have to make as a novice - 1 - I'd never heard of Pilates before - and so I wanted to read as much as I could and try things out before I bought and - 2 - there are some very very good books out there on the subject. So I am definitely not an expert opinion here but just an enthusiastic amateur. And I am enthusiastic about it. First off - if you haven't tried Pilates before - like I hadn't - I think you'll be pleasantly surprised by just how easy and fun the exercises are. Every book I read emphasised the need to move up the level of difficulty slowly - which means I have made very noticeable improvements, but I really enjoy the exercises each day. It's a bit like yoga and certainly uses some parts of yoga in the exercises - only I find I do my Pilates exercises where I never really liked yoga that much. Why do I like this book better than the others I used? Well I found the programme and the explanations which Siler used the best. Each Pilates book I read seemed to have slightly different combinations of exercises and different orders - but all the exercises are essentially the same so I don't know if there is really that much basic difference in them. In the end I just preferred the order and the presentation of Siler's book. She has all the philosophy of and explanations of Pilates in the first few pages. What I liked best though was the is a two page 'order' of exercises - where each exercise is a small picture to remind you of where you are up to.

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