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Pilates Body In Motion Deck



Synopsis

The Pilates Deck provides a simple, take-anywhere exercise program that delivers a lean, sculpted body, increased abdominal and lower back strength, and improved posture in weeks! Full-color, step-by-step photographs guide you through three complete programs, leading you to the next step in fitness whether you are a beginner or an experienced Pilates student.

Book Information

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Customer Reviews

Pilates is a method of exercising, shaping and toning the body that's very different from a common workout. Two years ago I started doing Pilates aided by a very good book called The Pilates Body by Brooke Siler. In the first few weeks I had already lost some weight, was noticing the outline of my muscles and had stopped feeling hungry all the time. I have since dropped two dress sizes and I still do the workout daily. After going through five other books I think that Pilates: Body in Motion is, without a doubt, the best Pilates workout book to date. Why? Well, first, the book is organized in a logical and easy-to-study format that helps to memorize and follow the different levels of the workout program without missing a single step, and allows browsing through them for quick consultations. Second, it presents the complete sequence for each exercise photographed, and step-by-step instructions for each movement with detailed, but simple, explanations of posture, breathing and motion. Third, it has complimentary information for each exercise: number of repetitions, warnings and alternatives for people who shouldn't perform particular exercises, modified versions to make sure the program is adaptable to almost anyone, dos and don'ts to insure proper execution, and transitional positions between following exercises to maintain the rhythm of

the workout. Fourth, it includes a thorough explanation of the key principles of the Pilates method, whose application is fundamental to achieve the benefits offered by the workout. Fifth, it contains preparation exercises for each level (from beginner to advanced) that serve as a sort of test to indicate when to move on to the next level. I recommend this book to anyone serious about maintaining a healthy, toned, and well-shaped body.

There are other good Pilates books out there. Brooke Siler's Pilates Body, in my opinion, raised the bar for all Pilates books- and so far few have come close. Jennifer Kries' Pilates Plus Method is VERY comprehensive and tells you more about muscle relationships and breathing patterns than you thought you needed to know, as well as quite a bit about yoga and dance. However, for the student who wants to learn Pilates (and not yoga or dance), this is the book to use. Ungaro gives a brief description of the origins of Pilates (and hers is slightly more detailed than some of the other accounts) as well as an introduction to Pilates terminology and principles. READ THESE if you are just starting out. Also, better than other sources I have read, she explains why some movements are considered "Beginner" and some are "Advanced"- good information for anyone who has ever scratched their head when watching a video or following another manual. Then to the body of the book. She first lays out the Introductory Program, a series of six or seven of the most basic Pilates movements done with modifications. Then the Beginner's Program, which is exactly the Introductory program only with more traditional form. For the Intermediate and Advanced programs, she uses guides which show all of the exercises in order. In addition to being a good quick reference to what sequence to use, it also gives the reader a sense for how each exercise should flow into another. The exercises themselves are explained with photographs linking breathing to each "mini movement" and just enough text to explain what to do. The photographs in this book- as well as the pages themselves- are perfect. Color photographs in muted tones that make it easy to see what you're supposed to do without being distracting.

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