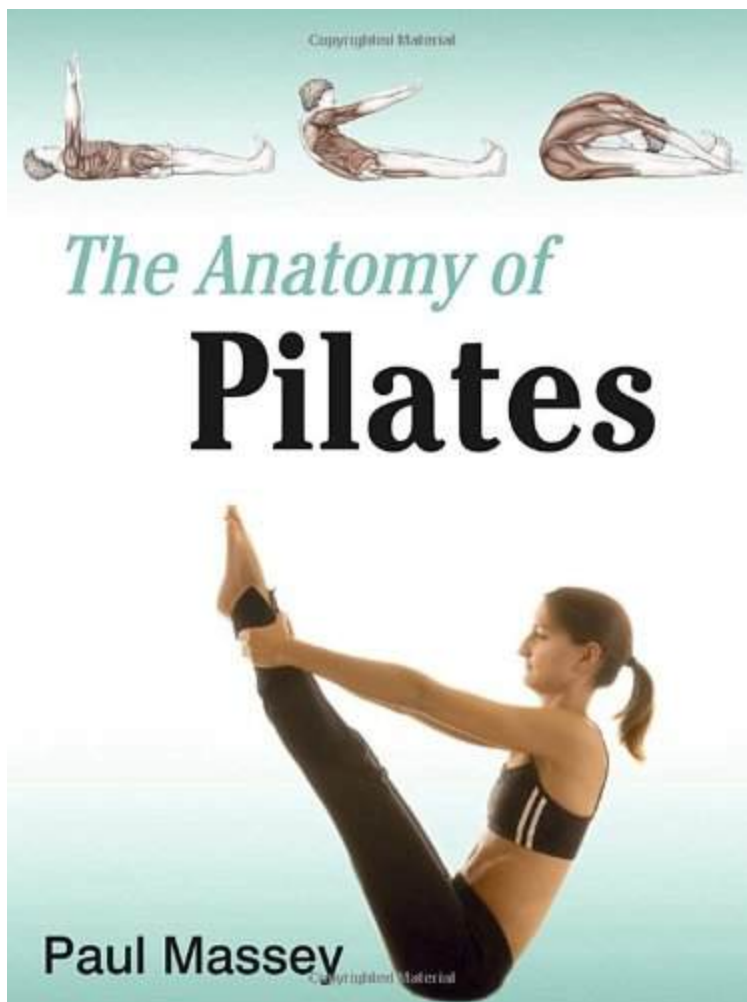


(Mobile book) The Anatomy of Pilates

The Anatomy of Pilates

By Paul Massey

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5 of 5 review helpful Not for the Professional By Eljen As a Pilates professional I found this book lacking If you have received even moderately good teacher training in the Pilates method you already know this information It is a very

basic guide to the original mat exercises a review of the Pilates principles and some very broad discussion of muscle activation breath and postural faults There are much more compre 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 ldquo Reading this book made me want to utilize Pilates more in my exercise routine hellip it is organized in a way that the reader can easily navigate the basics nbsp of Pilates mdash Introduction Posture and Movement Applications

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