



Pilates

By Rael Isacowitz

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 392 pages. Dimensions: 11.0in. x 8.4in. x 1.1in. The most acclaimed, comprehensive guide on Pilates is now updated, expanded, and better than ever! In this second edition, world-renowned Pilates expert Rael Isacowitz shows you the same repertoire that he has used to train multiple Olympians as well as an elite group of professional instructors who work with celebrities and athletes around the world. Starting with the foundation for all the exercises, Pilates presents an in-depth treatment of mat work, including photos, imagery cues, and detailed instruction on breathing to help you perform the movements correctly. The mat work in this edition is organized according to a mat-specific version of the comprehensive BASI Block System used for the apparatus work. This arrangement enhances understanding of the expansive repertoire and provides the tools for creating personalized mat routines. A unique set of challenging exercise sequences is offered to facilitate performing the movements in one continuous, flowing motion. After the mat work, where most books stop entirely, Pilates goes on to apply the same depth of instruction and photos to the full range of Pilates apparatus: Reformer Cadillac Wunda chair Step and ladder barrels Ped-a-pul Arm...



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