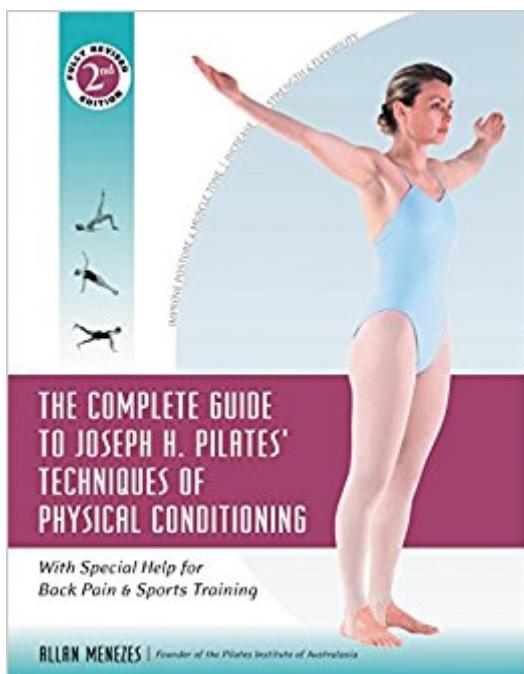


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# The Complete Guide To Joseph H. Pilates' Techniques Of Physical Conditioning: With Special Help For Back Pain And Sports Training



## **Synopsis**

This second edition of the best-selling THE COMPLETE GUIDE TO JOSEPH H. PILATES' TECHNIQUES OF PHYSICAL CONDITIONING, offers strength-building and flexibility exercises for anyone who wants to get in shape. The exercises also are perfect to complement the training program of anyone who plays sports, as well as those who want relief for back or knee problems. The book contains: \*\* A thorough introduction to the history and philosophy of Joseph Pilates' unique techniques \*\* 88 Pilates exercises in basic, intermediate and advanced routines \*\* Over 240 photos and illustrations \*\* A chapter addressing pain relief \*\* A routine for relieving lower back pain and strengthening weak abdominals \*\* Worksheets for monitoring progress The second edition contains the following new material: \*\* The Stamina Stretch -- to increase breathing capacity and support core abdominals \*\* The B-Line Core -- to give support for routines, a trimmer waist, plus relief from back pain \*\* How to change the way you walk to prevent back pain and tension headaches \*\* New back strengthening routines for rotational sports like golf, tennis, racquetball \*\* New upper body exercises for computer users

## **Book Information**

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## **Customer Reviews**

One of the best Pilates books that I own. I have been teaching Pilates since 2001 and always find myself looking back to this book for ideas. Gives clear cut description of exercises, breathing, and technique. The best pro of this book is how it has separate sections for back, abs, legs so if you are looking for a specific area of your body to target you can find a section on it. Only Con: should give examples of workout routines. I have many Pilates books that give workout routines within

them-normally at the end of the book-this book doesn't have any. Highly recommend to anyone looking to learn Pilates.

I have learned so much about the Pilates method since receiving this book! It really goes into a lot of physiology and explains the muscle structure of each part of the body. The exercises are then explained in a way that makes sense. Even though I thought I knew how to do Pilates, I think now I'll be able to make real progress since I understand the process so much better.

Love how this book shows you what muscles you are working, what's good for bad backs, and how to stand correctly. It's a great informational book on Pilates as well as a ton of exercises.

You need it to pass the pma

This is a great resource for holistic healing of common everyday problems. Another tool for the toolbox. I would recommend it for all wellness professionals

Shipped very quickly and I received it before my class started. The book is in good shape and everything went as expected!

Probably one of the best books on Pilates you could find on the shelves. Is written in a very clear and concise language that makes it an absolutely must have for any one interested in learning and practicing Pilates. The first part of the book is directed to the basics and fundamentals ideas behind the physiology of body control and body awareness. You will learn how to maximize your mental control over body movements. The second part is dedicated to the actual exercises and techniques associated with the Pilates method. One of the best features of this book is that all the routines and exercises are fully illustrated and described, with photographs, clear and detailed explanations, tips on posture and execution. The best of all is that every single exercise can be performed at home without the need of expensive or special equipment.

Having read the first edition I was keen to see what the second edition had in store. I was not disappointed. Menezes is adept at finding new ways of improving his 'old' methods, even though those were a new way of thinking for the pilates industry. The Stamina Stretch I found incredible to underestimate the obvious! It improved my breathing capacity by 30% in just 2 minutes! His wording of

the exercises has changed significantly to make them more effective. Now I understand why the emphasis he places on starting the breathe first gives more core control to stabilize you before the rest of the exercise. My back felt great and my abs much stronger. His posturing formulas are second to none - and certainly none that I have come across in other pilates books. His Feedback Scales make you work to the max on every exercise without compromising your personal safety while achieving ultimate results. A great improvement on an already great product - can't wait to get hold of the videos/DVDs mentioned in the back of the book.

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