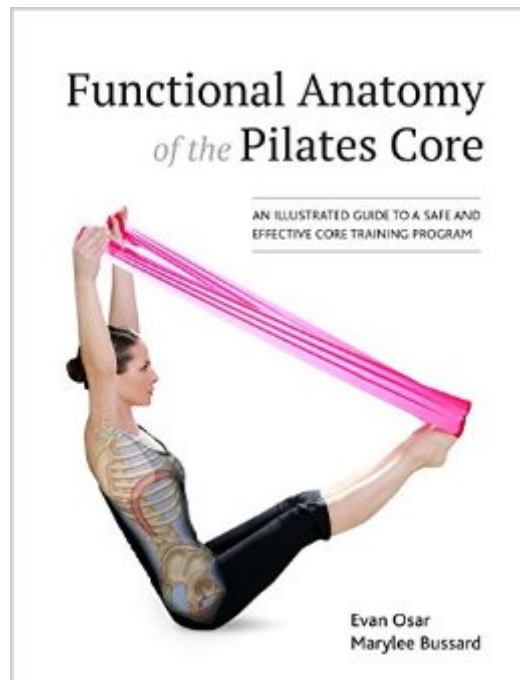


The book was found

Functional Anatomy Of The Pilates Core: An Illustrated Guide To A Safe And Effective Core Training Program



Synopsis

This book is the first to illustrate the essential connection between the functional anatomy of the body's core and its application during Pilates' fundamental core exercises. Focusing on the inherent potential of the human body to stabilize and move, Dr. Evan Osar and Marylee Bussard combine the most current research around core stabilization with six fundamental Pilates principles to offer simple, easy-to-use strategies for relieving discomfort and improving pain-free movement. With more than 290 full-color illustrations, *Functional Anatomy of the Pilates Core* provides both Pilates practitioners and professional teachers with a comprehensive understanding of how the core functions and how stabilization helps promote health and proper movement patterns through the development of balanced muscles, joint alignment, and core control. The authors apply current research on neuroplasticity, the brain's capacity to reorganize itself by developing new neuronal connections, and on the function of fascia, the matrix-like connective tissue of the body, to explain the six fundamental principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow. They show how to avoid muscle imbalances, chronic tightness, and pain by incorporating the principles of functional anatomy during exercise. Readers learn how to:

- Achieve the alignment, breathing, and control required for developing optimal posture and movement
- Alleviate non-optimal habits that relate to common postural dysfunction, muscle imbalances, and chronic tightness
- Integrate the fundamental Pilates exercises in order to develop a more stable core and eliminate the risks of common injuries while accomplishing one's health and fitness goals

Book Information

Paperback: 240 pages

Publisher: North Atlantic Books; III edition (January 5, 2016)

Language: English

ISBN-10: 1583949992

ISBN-13: 978-1583949993

Product Dimensions: 8.3 x 0.5 x 10.8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #372,233 in Books (See Top 100 in Books) #59 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #479 in Books > Health, Fitness & Dieting > Reference #586 in Books > Medical Books > Basic Sciences > Anatomy

Customer Reviews

Dr. Evan Osar hits it out of the park again with his new book. It is a primer in kinesiology and functional anatomy as well as a guide to proper body posture, position and alignment while doing pilates. There is also a section, which I would call "troubleshooting", that explains common problems confronted when doing pilates and strategies to overcome these problems. For the pilates enthusiast, like myself, this book is fascinating. It tells what each part of your body is and should be doing during any given pilates position. It broadens and deepens one's understanding of the functioning anatomy of one's body while executing these positions. The effect of this knowledge is that it inspires one to do better. Even for the trained professional in pilates, Dr. Osar's book is instructive. But even as a review, this book belongs in the libraries of the most knowledgeable professional pilates instructor, Dr. Osar has a gift for taking complex ideas and making them accessible to both the non-professional and the professional. I learned a lot by reading it. I recommend it to anyone interested in functional anatomy or pilates. Dr. Osar's book is superb!

This is a very different and much needed Pilates book that should be in the library of every Pilates teacher or anyone that wants to take their Pilates practice to the next level. So much great information in this book, including some of the common signs of poor core stabilization and the compensatory patterns an individual might adopt as a result. Dr. Osar also has a very informative section about the psoas and the important role this muscle plays in core stabilization. Surprisingly, I have found many of my Pilates clients have an inhibited or weak psoas! I have stopped doing psoas stretches with these clients and instead I am doing exercises to activate their psoas without simultaneously engaging the superficial hip flexors. I wish I would have had this book when I was going through my Pilates training!

As a fitness professional, I found the detailed information and latest research encouraging. Too often the health & fitness industry focuses on bigger, better, faster without a mindful approach as to how we get there. "The Six Pilates Principles (reimagined)" in this book help guide the fitness professional AND the Pilates enthusiast through a healthy, mindful approach to sessions. Illustrated with color photos and models who demonstrate what the movements really need to look like further outline and drive the book home. A must have for any Pilates enthusiast or fitness professional who wants to be up on the best practices and latest research.

This book is essential for anatomy geeks who want the full story and ideal for pilates teachers who

want to perfect their delivery of alignment and breathing while also providing clear core strategies that transform poor habits and help reduce risk of injury. The detailed chapters are easy-to-follow and can help non-teachers improve their practice, too. The authors provide fascinating details on the most current research of the human body's potential to optimize core stability and find strength in pain-free exercise. My teacher gave me this book in preparation for training, but I'm excited to apply these techniques immediately to my current personal practice!

Not for an average reader. You will get lost in technical terms, Latin names. By the time you finish paragraph you will forget what was it about. Promising at the first glance. But you will not get the answers. Will not recommend .

Classic Pilates principles are "reimagined" and evidence is presented to back it all up. This book is informative, thoughtful, and grasp-able for all levels of Pilates exposure/experience. If you want a safe, effective relationship with Pilates, and to understand in more depth how the biomechanics of it all works, then this is the book for you!

[Download to continue reading...](#)

Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program
Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)
Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness)
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More
Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)
Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)
Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)
Puppy Training: 10 Worst Puppy Training

Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Supervisor Training Program (STP) Unit 2 Participants Manual: Communication (AGC's Supervisory Training Program) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training)

[Dmca](#)