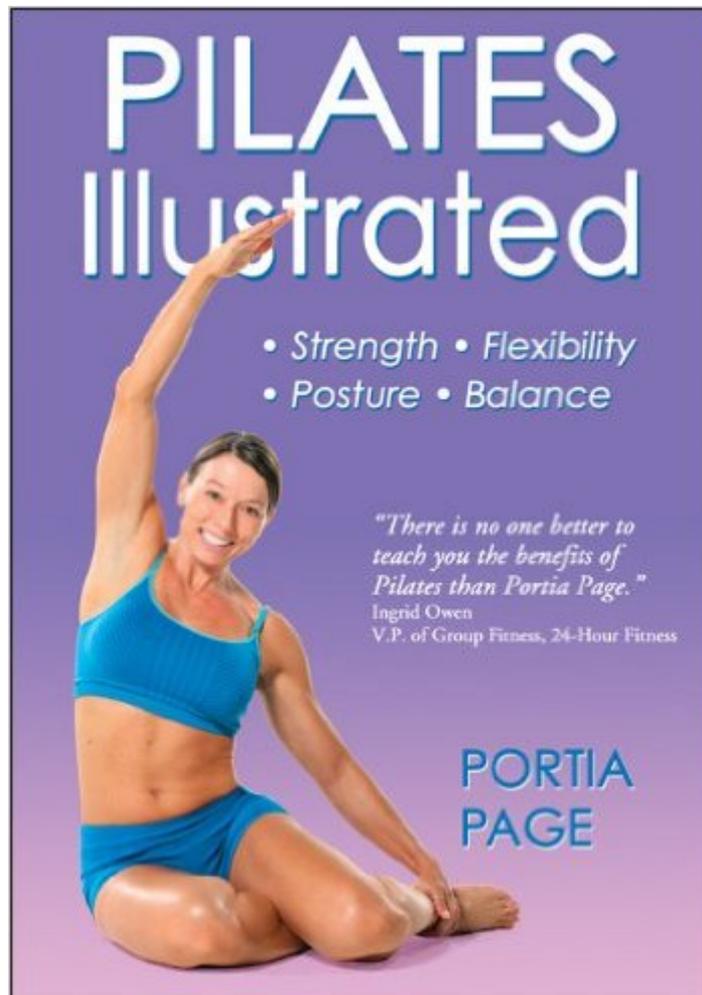


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# Pilates Illustrated



## Synopsis

Pilates Illustrated is your guide to lengthening and strengthening muscles while improving posture, flexibility, and balance. Renowned instructor Portia Page shows you how to perform the essential movements, exercises, and mat work routines. You'll also learn to incorporate equipment, such as a stability ball, stretch band, and Pilates ring, to isolate muscles for targeted results. Pilates Illustrated's straightforward, highly visual approach and 13 predefined routines (including those for perfecting posture, low back care, morning energy, evening relaxation, and total-body strength) offer the quickest, and most effective way to experience the physical and mental benefits of Pilates. Throughout you'll also find execution cues, modifications, and variations allowing you to immediately perform each exercise regardless of experience or skill level. With detailed instructions and hundreds of full-color photos, Pilates Illustrated will accompany you step by step on the path to improved health, strength, flexibility, energy, and relaxation. This is the exercise guide that you will turn to time and time again. v

## Book Information

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## Customer Reviews

I'm a 66 year old grandmother of three who's got aches and pains coming out of my eyeballs. Portia's book makes me feel like I can get my old bones and muscles back on the right track. The illustrations really help clarify the written instructions. I especially like the sections using the ball and bands. That's a good starting spot for me! So, thanks, Portia, for writing a book that not only makes Pilates easy to understand, but, encourages readers of all ages to give it a try. (Obviously, I'm not Allan. He's the 66 year old grandfather.)

"Pilates Illustrated" is the perfect companion for any Pilates practitioner. The photos were an excellent resource for quickly referencing familiar postures, as well as some of the more advanced tips to bring my practice "to the next level." Portia Page certainly proves her expertise with the clear instructions and detailed text explanations accompanying the book's photos. The descriptions were well communicated and concise, yet included enough detail to set this book apart from a general and stilted "Pilates 101." Highly recommended! I plan to keep a copy in our studio library, and in my gym bag!

As a Pilates Practitioner for over 12 years, clients ask me all the time what book I recommend for a home based workout...THIS IS THE ONE!!!! Portia Page writes an excellent resource for anyone interested in learning Pilates and creating a workout that resonates. The photos and text make this book not only easy to follow and understand but gives the reader creative options which encourage play and enjoyment out of the workout. Portia takes the reader through a variety of exercises making them easy to follow, understand and incorporate. As someone who has witnessed many a Pilates "miracle" I highly recommend you get this book and enjoy all the benefits that Pilates, and Portia, have to offer!

I received Pilates Illustrated just in time to kick off my New Year exercise regime. I have done Pilates exercises before as a part of other aerobics classes, but I've never been to a strictly Pilates class. In the beginning of the book, you get a quick history of Pilates as well as some basic principles to remember as you begin the exercises. The first part of the book explains Pilates exercises that don't require any equipment. It is broken down by body position (standing, kneeling, side-lying, prone, supine and seated) and further broken down by expertise level (beginner, intermediate and advanced). I liked the explanations of each exercise, as there is a photo and explanation for each part of the movement. The second part of the book introduces exercises that use props - a ball, band or ring. The final part of the book puts together routines from the exercise presented earlier in the book. I like this part as the routines are focused for specific goals such as weight loss, better posture, and stress relief. I still feel that it is easier to learn exercises from videos; however, I feel this book does a good job of illustrating each exercise. As to the effectiveness of the exercises and routines provided, I'll have to check back in after I've had some time to practice!

I have only been taking Pilates lessons for just over a year and try to do some exercises at home a

couple of times a week in addition to classes. This book explains all the different moves and how to do them and I'm very satisfied with it.

Pilates Illustrated is the best, easiest to follow, book on the subject I've ever read. In my opinion, the photos are the key to taking you step-by-step through the different exercises. The directions are clear and to the point and makes the Pilates experience much easier for someone like myself, who is new to this type of fitness program.

Page's book provides a nice introduction to Pilates. It begins with a chapter on the history and principles, which is informative but concise. She describes warm-up and stretching exercises, several types of exercises requiring only a mat, and other exercises using different equipment such as a band or stability ball. The final chapter consists of a group of routines that combine the individual exercises for different purposes, including better posture, core focus, upper or lower body, strength, weight loss, and relaxation. This is a big help in deciding which exercises to do. Each exercise is described in detail and accompanied by pictures that show how the body should look at different points during the exercise. Each exercise lists a level, purpose and benefits, and contraindications, helping the reader to decide which ones are safe to attempt and most likely to yield the desired results. So far I have tried only a handful of the beginner-level exercises; I was able to understand them for the most part and follow the instructions, using the pictures to confirm that I was attempting them properly. In a few cases I was guessing at the meaning of the instructions; I suspect they will become clearer with more repetition and variety of exercises. There are enough exercises that it will take me quite a while to attempt all of them; the more able and frequent exerciser will find plenty of variety. Overall this appears to be a good introduction for the person new to Pilates, with sound indicators about what each exercise is designed to do. It is probably useful for the somewhat experienced exerciser as well, particularly the descriptions of the routines designed for different purposes.

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