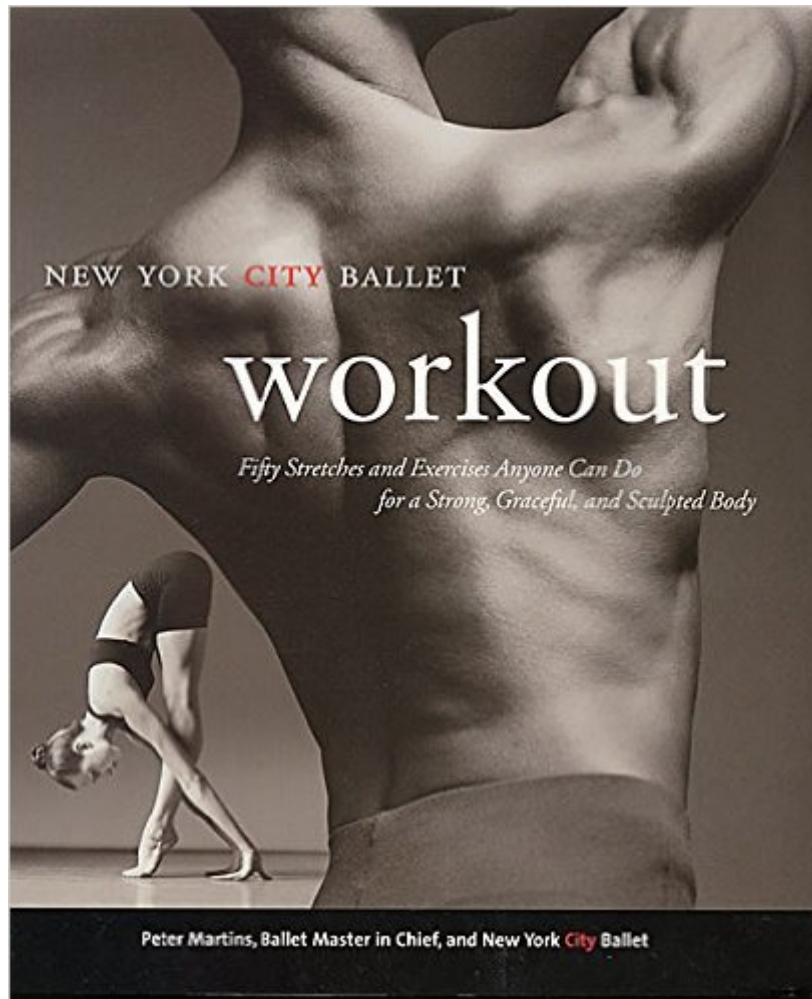


The book was found

NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body



Synopsis

New York City Ballet Workout is a revolutionary fitness program that will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, slim thighs, strong arms, perfect posture, flexibility you never thought possible--and grace and poise of a dancer. More than three hundred stunning step-by-step and other photographs throughout make this the most beautiful and easy-to-use exercise book ever created. This elegant book is unlike any exercise book ever published. Graced with more than 300 instructional exercise photographs and extraordinary duotone portraits of New York City Ballet dancers, The New York City Ballet Workout explores the company's philosophy of balancing art, life, and fitness. By combining elements of New York City Ballet's balletic regimen with practical strength-building exercises, The New York City Ballet Workout can help people achieve a strong, graceful, and flexible body--one that displays the impeccable poise that is the trademark of New York City Ballet dancers. Many exercises of The New York City Ballet Workout were once confined to the world's elite rehearsal studios. Now, as refined by Peter Martins and his company, these exercises have been designed as a comprehensive, holistic approach to the body that can be used by anyone from the out-of-shape to the serious athlete, to attain a lean, hard, beautiful body. From flexibility to endurance, this is a complete exercise program for men and women.

Book Information

Series: Fifty Stretches and Exercises Anyone Can Do

Paperback: 208 pages

Publisher: William Morrow Paperbacks; 1st Quill Ed edition (January 13, 1997)

Language: English

ISBN-10: 0688152023

ISBN-13: 978-0688152024

Product Dimensions: 9 x 11 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (119 customer reviews)

Best Sellers Rank: #25,657 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #804 in [Books > Sports & Outdoors](#)

Customer Reviews

What a wonderful book! I just bought it and I can't wait to get started. I've read it from cover to cover a few times, and I'm more than pleased with my purchase. The magnificent bodies are marvelous

and breathtaking. It's true that the first few pages are bios and frou frou, but their stories are inspiring and motivating. Plus, they discuss why dancers' bodies are more agile and sculpted than most athletes, as well as tips on getting started, how to listen to your body and optimize your workout. The workout is divided into six sections. Warm up and Stretch, followed by Abs (14-20 minutes), Floor barre (12-16 minutes), Ballet center (16-22 minutes) and Legs (16-22 minutes). Although they say you can do the entire workout as time permits, they offer suggestions for 10 or 20 minute workouts, as well as specialized workouts to correlate with specific sports for strength and flexibility or body parts of concentration. The instructions are clear-cut and detailed and along with the music selections they recommend, you'll feel like a prima ballerina. Personally, I have a lot of fat to lose so I plan on using this workout as a supplement to an aerobic regimen. I'm looking forward to using this workout every morning to get my day started.

I started this workout the summer after my senior year in high school, I wanted to tone up and lose a little weight before I went off to college, but I wanted something I could do at home without much preparation or equipment. I did these workouts, mainly the abs one and the basic workout, four times a week, sometimes in the morning, mainly at night watching David Letterman. The results were subtle, but by the end of the summer everyone in my family was commenting on how I looked so much slimmer (though the scale stayed the same) and a couple of acquaintances even asked me if I was a dancer! I could tell the difference in increased flexibility and the wonderfully tight stomach I developed. Its awesome, it really yeilds results!

When I was a little girl, I dreamed of becoming a ballet dancer but was unable to take lessons. When I opened my .com shipment and took out this book, many (MANY!) decades later, I actually got a lump in my throat, feeling that at last I can participate in a personal way, in that awesome world of the dance. The book is beautiful, informative, and challenging. It presents enough exercises to keep me busy for years, and best of all, it is written with a true sense of what a body is capable of doing. I go to the health club and do aerobics and weight training, but this book takes working out to a much higher level, a level where we work toward grace, balance, and elegance in movement. We are reminded to pay attention to the "quality of movement," and to "move like a dancer," which is very good advice, especially for women. Not that these are easy exercises, by any means. You can pace yourself, work as hard as you wish, and know that every erg of energy you expend will bring you closer to having a beautiful body. Motivating! (Do NOT look for me onstage at the NYC Ballet, however. Alas.)

I have had this book for at least 3 years and I got it because like lots of other girls, I liked ballet and it has always been a dream for me, another dream for me is mac'n cheese so, girls if you know nothing about ballet and can't even do a split dont worry, this book is perfect. You can go at your own pace and pick out the excercises that target your undesireable areas but dont pass up the ones that dont look hard, you dont work up a sweat but every one of the stretches does something good, pretty soon people will start to notice you because, you will start walking different, I sometimes do one or two of the balancing excercises before I go out and I have to say that this book will have you striking a pose without even knowing it. There is one thing that I think can be done to make this book perfect. I have literally worn out my book and I would purchase it again if it were smaller and wire bound and use it for travel. The pictures are lovely and even if you are a "couch potato" this book will do wonders for your posture and personally, the Complete Spinal Stretch has worked out crooks in my back like magic. This is the kind of book that becomes like a big secret because it does not take much for you to feel a difference, the change will be gradual but lasting.

This is a great book for anyone that wants to achieve results without a lot of hard work. I ordered this book just before Christmas, and within just a few weeks of doing these exercises for about 45 minutes 4 to 5 times a week, I am already seeing results. The exercises are easy to do, and there are so many different ones in the book, you can pick the workout that's perfect for you. This is one workout I really look forward to.

No. I didn't say "Ow". I said Oo-oo-oo! That's what I said when I opened the box and saw this book for the first time. This book is so beautiful! There is no escape. You can't get away from the enlightening commentary of Peter Martins. The photographs are spectacular and spellbinding. The dancers' stories are real stuff - I had to admit I thought ballet dancers were all those uppity kids in well-to-do families who took riding lessons and went to the shore for the summer...NOT SO!The most compelling thing about this book, however, is that the information is accurate and healthy, and the exercises are DO-ABLE!! Maybe not all of them right away all at once, but then, why should they be? These things take time. Anything which produces such litheness, flexibility and grace requires dicipline. There is nothing referenced in this book that is not achievable, and Martins and his company are as encouraging as they can be without coming to your house. There are so many silly diets out there enticing people with that "lose-a-lot-of-weight-fast-without-sacrificing-or-exercising-at-all" siren song. You need to snap out of

the delusional drift and do something beautiful for yourself that DOES take a little time, energy and commitment. You're going to love what it does for you!

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

NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body
NYC Gay Bars 2015: Bars, Nightclubs, Music Venues and Adult Entertainment in NYC (Gay City Guide 2015)
Fifty Shades Trilogy (Fifty Shades of Grey / Fifty Shades Darker / Fifty Shades Freed)
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)
Ballet Music For Piano - 4 Ballets For Solo Piano And 1 Ballet For 2 Pianos 4 Hands Strong & Sculpted
Fifty Shades of Grey: Book One of the Fifty Shades Trilogy (Fifty Shades of Grey Series)
Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines)
Exercises for Better Balance: The Stand Strong Workout for Fall Prevention and Longevity
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)
Body Language: Master the Art of Reading Anyone Through Nonverbal Communication (Body Language 101, Body Language Mastery, Read Everyone)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Graceful Wicked Masques - The Fair Folk: The Manual Of Exalted Power
Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)
Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics)
Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)
Strong Starts in the Mind: Workout Journal #1
Cloth Doll Artistry: Design and Costuming Techniques for Flat and Fully Sculpted Figures
The Hand-Sculpted House: A Practical and Philosophical Guide to Building a Cob Cottage: The Real Goods Solar Living Book

[Dmca](#)