



The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning

Allan Menezes

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Created by Joseph Pilates almost 80 years ago, this popular exercise regimen combines elements of yoga and bodywork to strengthen the core muscles of the abdomen while increasing flexibility in the legs, arms, and smaller muscle groups. Long embraced by dancers, Pilates has been adopted by professional athletes. This book covers Joseph Pilates's complete floor program. Introductory chapters outline the history and philosophy of Pilates, including the eight principles of the method. The book guides readers through basic, intermediate, and advanced routines, with detailed descriptions of each exercise and nearly 200 step-by-step photographs. A special chapter lists exercises for alleviating specific conditions such as back, ankle, and shoulder pain. Worksheets allow readers to monitor their progress.

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