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*John - Episode 6: How To
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Marguerite Ogle,
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The Anatomy of Pilates:

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Pilates Anatomy (Human Kinetics, 2011), Isacowitz and coauthor Karen Clippinger take an inside look at Pilates through anatomical illustrations that break down the muscular involvement in every

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movement and analyze each exercise on this basis. But before an anatomical understanding can be reached, Isacowitz says practitioners must develop a foundation for Pilates through six key elements

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that connect the body and mind.

Pilates Anatomy - human-kinetics

The Anatomy Of A Reformer.

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finely coordinate specific muscles. See which key muscles are activated, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, and movement are all

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fundamentally linked as you work to tone the body, stabilize the core, improve balance, and increase flexibility. Use the Personalize Your Practice section for each exercise to vary your practice and

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customize your workouts to fit your needs. Here you'll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength. Variations

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provide variety, and progressions are offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques

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for breathing, concentration, and self-awareness, providing a unique exercise experience that enhances your body and your mind. Whether you are just beginning to explore the beauty and benefits of

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Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked.

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exercise that strengthens core muscle groups for a lean, toned body. Whether you're already a pilates devotee, or a couch potato who's ready to reform, Pilates Anatomy is for you!

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renowned pilates instructor, Pilates Anatomy is designed to be a thorough guide for every level--from beginner to advanced. * This unique book aims to teach more than just different exercises. Detailed anatomical

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illustrations teach readers all about muscle mechanics and how their bodies work to encourage safe, injury-free workouts. To help reinforce students' understanding, this book also features reference sections on

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Edition, is the most

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include variations for increasing or decreasing the challenge.

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attach. Muscle recruitment is explained for each exercise. Essential for any Pilates teacher or trainer.

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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

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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

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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

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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

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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

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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

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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

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- 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

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and eliminate the risks of
common injuries while
accomplishing one's health
and fitness goals

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