



Pilates

Rael Isacowitz

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Strengthen, lengthen, and sculpt your muscles with the full range of Pilates exercises. In *Pilates*, world-renowned Pilates expert Rael Isacowitz shows you the same repertoire that he has used to train 10 Olympians, including U.S. figure skater Sasha Cohen and diver Wendy Williams, as well as an elite group of professional instructors who work with celebrities and athletes around the world.

Starting with the foundation for all the exercises, *Pilates* presents an in-depth treatment of mat work, including photo illustrations and detailed breathing instruction to help you perform the movements correctly. A unique set of challenging exercise sequences allows the movements to flow in one continuous motion.

Following mat work, where most books stop entirely, *Pilates* just gets going. The same depth of instruction and photo illustrations are applied to the full range of Pilates apparatus:

Reformer Cadillac Step and ladder barrels Magic circle Wunda chair Ped-a-pul Arm chair The complete repertoire includes a customized grouping of exercises in blocks that progress from the fundamental level through the intermediate and advanced levels to challenge you at all stages of Pilates development.

With 210 exercises in all, *Pilates* is the most comprehensive guide available on the Pilates method. A contemporary approach to the work of Joseph Pilates, this is the one book you need in order to improve posture, muscle tone, core strength, and flexibility.

Pilates Details

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Author : Rael Isacowitz

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From Reader Review Pilates for online ebook

Alain Burrese says

The second edition of “Pilates: Your Complete Guide To Mat Work And Apparatus Exercises” by Rael Isacowitz is an extremely comprehensive guide on the exercise method, or really a system of physical and mental conditioning, created by Joseph Pilates. Isacowitz presents the information in a clear, detailed, and comprehensive manner that allows beginners and seasoned practitioners to learn and improve with their practice. The detailed instruction not only covers mat work, which most Pilates books focus on, but also the different Pilates apparatus that includes the Reformer, Cadillac, Wunda Chair, Step and Ladder Barrels, Ped-a-pul, Arm Chair, and Magic Circle. This really is one of the most complete Pilates resources you'll find.

After the introduction that shares a brief history of Pilates, the first chapter focuses on enhancing the mind and body, and explains the benefits of the program that trains body and mind as one. It really is a holistic approach to coordinate the body, mind and spirit. A good description of the ten movement principles is included.

The second chapter, Alignment, Posture, and Movement, explains why these are so important and how these are goals of training. The third chapter then discusses training. Chapters four through eleven contain descriptions (with pictures) of over 200 exercises and more than 50 variations. The first, Chapter 4, covers mat work, and then each of the other chapters shows how to exercise with each of different apparatus listed above.

The final chapter, twelve, provides some sample exercise routines for beginners, intermediate, and more advanced practitioners. The book does not contain the most advanced and master level work, which would warrant a separate book, but what it does include will be sufficient for almost all practitioners of any level.

The goal of Pilates is to offer a bridge between mind and body, between everyday life and optimal performance, between rehabilitation and healthy movement, and the way Isacowitz presents and teaches in this book, it does just that. It has something to offer those with restricted mobility as well as elite athletes. It can be practiced by people of any age. Pilates will help improve your balance, concentration, coordination, posture, muscle tone, core strength, and flexibility. And with the breathing and mental components, the benefits go beyond just the physical to the mental and spiritual as well.

Recommended for anyone wanting to add Pilates to their health and fitness routine. Regardless if you are already doing Pilates or want to start, this book really is your complete guide to Pilates mat work and apparatus exercises.

Amy says

Excellent and thorough book on Pilates mat and apparatus exercises.

Shirley says

excellent guide for beginners

Elizabeth says

I won this in a Goodreads First Reads giveaway.

Because it is so thorough and well-researched, but still interesting to a non-Pilates expert, I feel it deserves a high rating.

I entered the giveaway on a whim as I have terrible computer-worker posture. I was surprised to win and even more surprised when it arrived. This is a textbook! It's large format and extremely detailed.

The beginning of the book touches on the history of Joseph Pilates and the creation of his method. This leads into core principals and, from there, begins to read like a (very interesting) science textbook discussing bone structures and correct technique.

Most of the book is devoted to the exercises. The descriptions are clear and the images are helpful. I'll probably never get to the workouts using the apparatuses, but there are enough mat workouts to keep a novice busy.

sendann says

another constantly currently reading. I return to this book every few months for inspiration and a focus for my personal Pilates training, and when I'm teaching, for ideas to enhance the work for students. I haven't trained in the BASI program, but I appreciate RI's pragmatic and mellow approach to the heavy legacy of Joseph Pilates. Excellent.

Amy says

Great! Technical and spot-on about Pilates - but probably boring unless you are a Pilates freak!

Teresa says

Ottimo libro per insegnanti del metodo Pilates...lo consiglio

Cath says

I expected something else that's why the rating isn't the highest.

It is very technical, it goes into the muscle, posture...
It is written like for a teacher, and I think this was the targeted audience.

There are some pictures per pose, unfortunately for me- greater part of the book is on machines while I am interested in mat work.

Im just a beginner and I dont feel encouraged but I do appreciate the details and all the knowledge.

Sara says

Little-known fact about me: I used to be a Pilates fanatic. We're talking like an hour, hour and a half every day of contorting myself into crazy positions to improve my strength, flexibility, and posture. I stopped when I started working full time and because I realized that I was getting a little *too* obsessive about it.

Flipping through this book, I found a lot of my old favorite positions and some new ones that look really fun. I'm hoping that this trip down memory lane will inspire me to start back up with Pilates. Isacowitz provides photos of each position from start to finish, along with detailed descriptions of what muscles it works, what to visualize to ensure correct posture, and variations for those with joint problems or previous injuries. In addition to mat work, there are sections on how to use the apparatuses -- I've never used anything but my mat, but I was really intrigued by what's possible if I were to do a Pilates class at a gym.

All in all, it's a really great, descriptive book that I'd recommend to anyone interested in Pilates.

Thank you to Goodreads and the publisher for the free copy.

David Stevens says

I teach Pilates, and although I wasn't trained by Rael Isacowitz, his approach is similar to my own: control the moves! This book's format is great, and I especially like that it shows the beginning, middle, and ending positions of each exercise (many other books simply show you the middle pose). The prose is clear, and the introduction really summarizes the goals of the Pilates system.

I highly recommend this book both as a beginner's guide and as a handy professional reference.

Anemone Jones says

By far the best book on Pilates I have ever read. Revolutionized my understanding of the art & took me from a Pilates-video-follower to one who created a real mind-body connection and could feel and understand deep inside of myself how to do the Pilates exercises.

Nancy says

I wouldn't say I'm finished. This is a book that I will use over and over. It is a very good overview of the Pilates program. It begins with a history and then has very clear instructions for the recommended exercises. I appreciate the mat exercises because I don't have any of the equipment, but there are also exercises for those that go to a gym or have Pilates equipment at home. Each exercise has wonderful illustration, clear description, important tips and focus points. There are workout routines for beginners, intermediate and advanced students. This is a great introduction to Pilates as well as a book you can grow with as you become more proficient with the exercises. I was grateful that I won a copy from LibraryThing.

Cloay says

- available in SG NLB 613.71 (Sengkang)

Turtlegirl00 says

best pilates book!!!
