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# Download Free Pilates Reformer Exercises Chart

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### STOTT PILATES ESSENTIAL REFORMER MANUAL

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STOTT PILATES® Essential Reformer Manual includes the complete range of Essential-level Reformer exercises, which are executed using the specially designed STOTT PILATES Reformer. Modifications for each exercise are included to increase challenge or facilitate the movement. Movement essence is detailed for each variation including muscular emphasis and goals of the exercise. Each page features step-by-step photographs and clear descriptions.

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### RETURN TO LIFE THROUGH CONTROLOGY

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*Ravenio Books* Contrology is complete coordination of body, mind, and spirit. Through Contrology you first purposefully acquire complete control of your own body and then through proper repetition of its exercises you gradually and progressively acquire that natural rhythm and coordination associated with all your subconscious activities. This true rhythm and control is observed both in domestic pets and wild animals —without known exceptions. Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit. In childhood, with rare exceptions, we all enjoy the benefits of natural and normal physical development. However, as we mature, we find ourselves living in bodies not always complimentary to our ego. Our bodies are slumped, our shoulders are stooped, our eyes are hollow, our muscles are flabby, and our vitality extremely lowered, if not vanished. This is but the natural result of not having uniformly developed all the muscles of our spine, trunk, arms, and legs in the course of pursuing our daily labors and office activities. If you will faithfully perform your Contrology exercises regularly only four times a week for just three months as outlined in RETURN TO LIFE, you will find your body development approaching the ideal, accompanied by renewed mental vigor and spiritual enhancement. Contrology is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain. And this by no means is the end.

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### STOTT PILATES INTERMEDIATE REFORMER

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#### A FULLY ILLUSTRATED MANUAL

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STOTT PILATES® Intermediate Reformer Manual includes the complete range of Intermediate-Reformer exercises, which are executed using specially designed modifications of exercises found in the Essential repertoire as well as those unique to this level. Intermediate moves will further challenge a variety of components including balance, flexibility, strength and endurance.

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### THE PILATES REFORMER

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#### PART I - THE TRADITIONAL EXERCISES

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A unique and detailed description of more than 100 original Joseph Pilates Reformer Exercises including many large photos. Have you ever wondered why the Reformer is one of the most popular, if not THE most popular Pilates apparatus? Wished you had a well-structured overview of almost all exercises? Wanted to add more variations to your Reformer repertoire? Then this two-piece book is exactly for you! While both parts are designed as training manuals for Pilates instructors and fans, "The Pilates Reformer - Part 1" focuses on Joseph Pilates' nearly 100 traditional Reformer exercises. "The Reformer - Part 2 " then adds the modern exercise supplements as well as the exercises with the jumpboard. (Part 2 is so far available in German. An updated English version will be available in the second half of 2021) Here is what you will find in Part 1 in more detail: Following an introduction to the history of the Reformer, the various components of the Reformer are described, alongside a number of important issues to keep in mind when using a Reformer. Furthermore, the manual provides a recommended exercise sequence for each of the four different levels: Basic, Intermediate, Advanced and Super Advanced. In the main section of the book, large-format, color images are used to illustrate each of the 100+ exercises. For each exercise, the exact setup, the related goals, and a step-by-step description of its execution are presented. In addition, common mistakes, possible modifications or variations, and contraindications and risks are outlined. As a special feature, the original names used by Joseph Pilates are mentioned alongside the frequently-used names for the first time in Pilates literature. These Reformer exercises represent Joseph Pilates' legacy for a full-body workout.

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### ELLIE HERMAN'S PILATES REFORMER

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#### A MANUAL FOR PILATES INSTRUCTORS AND SERIOUS PILATES STUDENTS

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*Ellie Herman Studios*

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#### P-I-L-A-T-E-S INSTRUCTOR MANUAL REFORMER LEVEL 2

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*Lulu.com* p-i-l-a-t-e-s Reformer Teacher Training Manual - The second of 5 Reformer programs it includes 50 Beginner/Intermediate Exercises. The 5 Reformer Manuals collectively includes over 280 exercises in this series. An excellent resource for Pilates Instructors to increase the range and variations of the traditional Reformer Exercises created by Joseph H Pilates.

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### STRETCHING ON THE PILATES REFORMER

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#### ESSENTIAL CUES AND IMAGES

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*Innovations in Pilates* This book teaches how to stretch the entire body on the Pilates reformer, using 3D anatomy images and cues.

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#### DANCE ANATOMY

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*Human Kinetics* Experience the raw energy and aesthetic beauty of dance as you perfect your technique with *Dance Anatomy*. Featuring hundreds of full-color illustrations, *Dance Anatomy* presents more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. The exercises are drawn in stunning detail, capturing the dancer in motion and highlighting the active muscles associated with each movement so you can develop and strengthen different areas of the body. You will clearly see how muscular development translates into greater poise and elegance on the stage. Each chapter addresses a key principle of movement to help you improve performance, beginning with the center of the body, where dance begins. You will learn exercises to target specific areas, such as shoulders and arms, pelvis, and lower legs to enhance flexibility and ensure safety. You will also discover more efficient ways of improving your lines and technique by implementing a supplementary conditioning program that takes into account your changing cycles of classes, practices, and times of rest. Regardless of your ability level or dance style, *Dance Anatomy* will help you master the impeccable balance, intense muscular control, and grace to prepare you for your next leading role!

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## STOTT PILATES COMPREHENSIVE MATWORK

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*Stott Pilates* STOTT PILATES Comprehensive Matwork Manual includes the complete range of Matwork exercises, ranging from the beginner or Essential level through the Intermediate and Advanced repertoire. Each exercise contains a clear, concise description including breath and movement pattern. Numerous modifications are included to make the exercise more accessible for all body types and fitness levels.

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## PILATES, 2E

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*Human Kinetics* Covering mat work and apparatus, Pilates, Second Edition, is the most respected and comprehensive guide available. Exercises include photo sequences, level of difficulty ratings, recommended resistance ranges, and instructions and reasons for performing the movements. Many exercises include variations for increasing or decreasing the challenge.

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## PILATES FOR REHABILITATION

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*Human Kinetics* Pilates for Rehabilitation explains how to incorporate Pilates exercises into rehabilitation programs to heal injuries, improve core strength, promote efficient movement, and help manage pain.

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## DISCOVERING PURE CLASSICAL PILATES

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*Peter Fiasca, PhD* Discovering Pure Classical Pilates looks deeply into Joseph Pilates' traditional method of mental and physical conditioning by describing its foundations, goals, movement qualities and benefits. Specific attention is given to the ways in which market forces, individual creativity or ambition lead to deterioration and commercialization of the traditional Pilates method. This book harkens back in time to Joseph Pilates' own two books-Your Health (1934) and Return to Life Through Contrology (1945)-by exploring social, economic, psychological and spiritual issues associated with his traditional work. There is so much more to Discovering Pure Classical Pilates! Within this book, you will uncover the passionate and priceless treasures found only in the historically accurate technique as taught by traditionalists throughout the world.

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## PILATES ANATOMY POSTER

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## PILATES BASICS

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## MASTER PILATES FUNDAMENTALS AS YOU STRENGTHEN, ALIGN, AND BALANCE FROM WITHIN

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Developed by Master Pilates Instructor Jillian Hessel, "Pilates Basics" is a series of exercises that anyone can do, regardless of fitness level. Hessel guides you through a complete mat workout, beginning with the B.E.A.M. fundamentals - her one of a kind program of pre-Pilates warm ups that will help you focus your breath, energy, alignment and movement. These exercises prepare your body for the 21 classic Pilates mat exercises to come, each one with detailed, step-by-step photography and instruction. You'll also learn how to modify and adjust each of the classic exercises for your own body. After the classics, you'll find a bonus section of fast 5-minute auxiliary exercises you can do anytime, anywhere. Unlike other workout routines, Pilates isn't exhausting, it's invigorating! Make "Pilates Basics" part of your regular exercise program, and you're guaranteed to be on your way to a whole new you.

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## ROAR

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## HOW TO MATCH YOUR FOOD AND FITNESS TO YOUR UNIQUE FEMALE PHYSIOLOGY FOR OPTIMUM PERFORMANCE, GREAT HEALTH, AND A STRONG, LEAN BODY FOR LIFE

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*Rodale Books* Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

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## THE PILATES CADILLAC - PART I

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## INTRODUCTION TO THE CADILLAC, THE ROLL-DOWN-BAR AND PUSH-THROUGH-BAR EXERCISES

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*Independently Published* 107 exercises with the Roll Down Bar and the Push Through Bar.852 large photos to demonstrate each exercise exactly.The Cadillac is one of the most important training devices in Pilates. Probably it is the most versatile of all apparatus invented by Joseph Pilates. It also offers in a unique way the possibility of fine adjustments to in- or decrease the level of difficulty. This is one of the reasons the Cadillac is so often used in Pilates private training sessions. Almost all of the Cadillac's exercises can also be done on the so-called Tower/Wall Unit. And Tower group classes gain more and more popularity. The two-volume Cadillac training manuals cover the extensive repertoire of exercise options. In this Part I, we focus after a general introduction to the Cadillac, on the over 100 exercises done with the Roll-Down-Bar and the Push-Through-Bar. In Part II, the additional 112 exercises with the Arm and Leg Springs, the Airplane Board and the Cadillac Fuzzies are shown. All the exercises in the Cadillac Manual are illustrated with large, professionally photographed images in several easy steps and are described in detail with regard to correct setup, exercise goals, precise execution, frequent mistakes, modifications or variations, and possible contraindications. This means that the manual can be used again and again as a reference book, both for initial learning and for deepening and daily use, and is therefore aimed at Pilates trainers and practitioners alike who want to learn more about the world of Pilates exercises on the Cadillac or Tower/Wall Unit.

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## SCOLIO-PILATES

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## EXERCISE FOR SCOLIOSIS, THE STEP-BY-STEP EXERCISE GUIDE FOR PROFESSIONALS AND THEIR CLIENTS

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Exercise is an option in the management of scoliosis. Historically, in the United States, observation, bracing and surgery have been the only options. Research data provides compelling evidence that exercise has earned a right to be a scoliosis management option. This book talks about the history of managing scoliosis with exercise, which exercises have been shown to be most effective and instruction on how to perform those exercises.

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## THE COMPLETE WRITINGS OF JOSEPH H. PILATES

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*Bainbridge Books*

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## THE BALANCED BODY

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*Lulu Press, Inc* Do you want to know how to resolve aches, strains and pains? Do you want to be flexible instantly? Do you want to develop optimal strength, fitness and athletic performance? Well, then read on. The Balanced Body is the next step in preventative medicine; enhancing well-being, fitness,

strength and athletic performance. The Balanced Body restores the structural foundation of your body, your alignment, to function well for it to move freely, frequently and optimally. Things like sitting too long throughout your day and living the modern lifestyle affect the structural alignment instantly, disrupting how we breathe and move for the worst! By restoring, developing and strengthening your breathing and your body's structural alignment, you can correct poor movement patterns - regain stability and mobility as well as flexibility instantly - maximize strength and power - resolve and prevent strain causing aches, pains, injuries and disorders like musculoskeletal ones.

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### **CAGED LION: JOSEPH PILATES AND HIS LEGACY**

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*Last Leaf Press* The surprising story of Pilates-the man and the method.

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### **PILATES AN INTERACTIVE WORKBOOK**

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#### **IF YOU'RE GOING TO DO IT, DO IT RIGHT**

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Practice Pilates at home on your own to take ownership of your workout and make the most of your investment with a certified Pilates instructor. PILATES AN INTERACTIVE WORKBOOK helps you practice safely at home, and efficiently in the studio with your instructor. It presents a general outline and step-by-step photo illustrations of over one hundred Pilates exercises, including the basic matwork, intermediate matwork, magic circle matwork, standing weights series, magic circle exercises, wall series, and the reformer apparatus. Because Pilates exercises need to be continually personalized and adapted, this workbook provides a place to record notes. With the help of your certified Pilates instructor you can customize this workbook with your current modifications, helpful cue words and useful imagery. With Pilates there is no finish line, so enjoy each moment and each progression, and use PILATES AN INTERACTIVE WORKBOOK as a supplement to your training to help you along the way.

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### **NO-RISK PILATES**

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#### **8 TECHNIQUES FOR A SAFE FULL-BODY WORKOUT**

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*Simon and Schuster* An illustrated, anatomical guide to improve the benefits of your Pilates workout while also preventing injury • Examines the correct movements, specific risks, and common mistakes associated with 8 fundamental Pilates exercises, including practices using Pilates exercise equipment • Offers guidelines to increase the effectiveness of your Pilates workout, maintain correct alignment, improve stability, and prevent injury to the pelvis, back, wrists, and ankles Developed in the early 20th century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body, builds long, lean muscles, and develops core abdominal strength. However, practiced improperly, Pilates exercises can lead to injuries such as pinched discs, hyperextension of the wrists, or low-back pain. No-Risk Pilates reveals how to minimize the risk of injury and maximize physical benefit for a strong, toned, and aligned physique. Using Blandine Calais-Germain's signature anatomical style, this illustrated guide examines the body's movements during 8 fundamental Pilates exercises, including practices using the Pilates Reformer, and explores the specific risks and common mistakes associated with each exercise. Detailing how injuries occur to the pelvis, back, wrists, and ankles during Pilates, the authors offer tips and guidelines to maintain correct alignment, improve stability, and prevent injury as well as increase the effectiveness of your Pilates workout.

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### **PILATES EXPANDED REFORMER, CADILLAC, WUNDA CHAIR AND BARRELS PHOTO ENCYCLOPEDIA**

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The Pilates Expanded Photo Encyclopedias are designed for Pilates instructors and experienced Pilates enthusiasts who wish to expand their repertoire of Pilates inspired exercises and variations. They are comprised of a multitude of movements for a variety of designated apparatus' with basic cuing plus instructive photos to appease the visual learner. This photo encyclopedia is 4 manuals in 1 making it the largest collection of exercises available for the Reformer, Cadillac, Wunda Chair and Barrels, including both traditional and progressive movements. The book totals 362 pages, 916 exercises, and 1,783 color photos. For more information, visit [www.PilatesExpanded.com](http://www.PilatesExpanded.com)

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### **THE PILATES BODY**

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#### **THE ULTIMATE AT HOME GUIDE TO STRENGTHENING, LENGTHENING, AND TONING YOUR BODY --WITHOUT MACHINES**

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*Harmony* Provides a program of Pilates exercises with illustrated step-by-step instructions for a complete circuit of mat exercises

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### **THE MODEL METHOD**

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#### **RECIPES, HIIT AND PILATES EXERCISES FOR LIFELONG, BALANCED WELLNESS**

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*Piatkus* 'The Model Method's effective combination of recipes and workouts will leave you feeling stronger, healthier and happier. Hollie is one of the best task-masters on the fitness scene, with a refreshing, balanced approach' *Sweaty Betty* 'The new body coach on the block' *Style Nourish*, sweat and strengthen your way to lifelong wellness with award-winning Pilates instructor and chef Hollie Grant's balanced recipes and workouts. Hollie started The Model Method online plan after years of teaching her private clients so anyone can carry out the plan, anywhere. This beautiful book will follow on from the plan, showing the reader how to Nourish, Sweat and Strengthen for a healthier, stronger lifestyle. Nourish will provide readers with delicious and balanced recipes with easy-to-source ingredients to encourage readers to eat from all the food groups unless medically advised not to. As a former chef Hollie is strongly against 'diets' and feels that we should eat to nourish our bodies, not starve them. The Sweat part of the plan will be split into three key areas of the body so that the workout can be personalised to the readers' goals or weaknesses. All the workouts will include elements of both Pilates and HIIT. Pilates is amazing at toning and fixing postural issues but does not address the incredible health benefits you tend to only get from HIIT (including reduced risk of diabetes, heart disease and obesity). Strengthen provides Pilates exercises and descriptions of technique, progressions and regressions, muscles activated and why you would carry out that exercise. The book is designed to be personalised so will also teach the reader about their body, posture types and muscle imbalances, and which Pilates technique would be best for them. Above all, The Model Method is about how our bodies function and perform, rather than how they look, in order to encourage a healthy relationship with food and exercise.

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### **INNOVATIONS IN PILATES**

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*Anthony Lett*

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### **ENCYCLOPEDIA OF WELLNESS**

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#### **FROM ACAI BERRY TO YO-YO DIETING**

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*ABC-CLIO* This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. \* Over 230 clear and concise A-Z entries by notable scholars and researchers \* A short, introductory essay that gives readers a historical overview of health issues in the United States \* Sidebars that provide personal anecdotes about specific health situations \* A comprehensive glossary of health and wellness terms \* A comprehensive list of Internet resources for further information and research

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### **RED THREAD OF PILATES**

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## TOOLS TO FACILITATE A DEEPER UNDERSTANDING AND LOGICAL PROGRESSION OF STUDY THROUGH THE PILATES MAT REPERTOIRE AS PRESENTED IN THE RED THREAD OF PILAT

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*Createspace Independent Publishing Platform* "The Red Thread of Pilates - The Mat"(c), by Kathryn Ross-Nash, is a comprehensive resource of the Pilates Mat Repertoire. But it's SO big, it contains SO much detailed information, it can be hard to wrap your head around all of it. The Study Guide is full of tools I created for myself and my Facebook Study Group to help get the most out of "The Red Thread"(c). It's designed to help you do an organized, self-paced study of Kathi's book. You'll find charts and indexes not contained in "The Red Thread" to help you comprehend the different threads and Kathi's Add Next system. Then worksheets for each exercise, detailing all the variations and the Performance Order of the whole repertoire up to that point. Lastly, a Progression Checklist to help you keep track of which of the hundreds of variations you've explored. These tools helped me get the most out of my investment in "The Red Thread of Pilates - The Mat"(c). I hope it does the same for you.

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## P-I-L-A-T-E-S INSTRUCTOR MANUAL REFORMER LEVEL 1

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*Lulu.com* p-i-l-a-t-e-s Reformer Teacher Training Manual - The first of 5 Reformer programs including a comprehensive introduction to the Reformer, 46 Beginner Exercises that are a safe and effective introduction for new Pilates Reformer clients. Over 280 exercises in this series of 5 manuals. An excellent resource for Pilates Instructors beginning their Reformer teaching career!

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## P-I-L-A-T-E-S INSTRUCTOR MANUAL MAT WORK LEVEL 5 VARIATIONS

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*Lulu.com* This is the last manual for the p-i-l-a-t-e-s Instructor Manual Mat Work series. This manual has 25 detailed exercises to assist Instructors to progress their clients and mat classes. This manual expands on the traditional mat created by Joseph H Pilates. Its variations increase the fitness of the traditional mat or add variation to the routine. The p-i-l-a-t-e-s 6 Mat Manuals contain 200 exercises and progressions. Each exercise has a detailed description, contra-indications, basic anatomy, technical points and repetitions.

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## PILATES ANATOMY

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*Human Kinetics* Take a detailed look at your Pilates practice with the superbly illustrated exercises in Pilates Anatomy, Second Edition. Choose from 46 exercises to target a particular body region and delve deeper to stretch, strengthen, and 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 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 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 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 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 Pilates or have been practicing for years, Pilates Anatomy is a one-of-a-kind resource that you'll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Pilates Anatomy, Second Edition Online CE Exam, may be purchased separately or as part of the Pilates Anatomy, Second Edition With CE Exam, package that includes both the book and the exam.

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## THE WOMEN'S HEALTH BIG BOOK OF PILATES

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## THE ESSENTIAL GUIDE TO TOTAL-BODY FITNESS

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*Rodale* Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive, authoritative manual on this proven fitness philosophy. Trained by Joseph Pilates' protégé, Romana Kryzanowska, Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re-shaping techniques. Combining the best of flexibility and strength training, Pilates is the path to the lean fit body every woman craves—and The Women's Health Big Book of Pilates guides readers in every step (and leg lift ... ) of the way. Using the body as the ultimate fitness vehicle, Pilates transforms bodies in record time. From moves targeting trouble zones to cardio circuits that blast fat all over, this go-to manual covers everything including: Tricks to incorporate Pilates at work, in travel, and daily routine What props best boost your workout and what to skip Pilates principles to help combat lower back pain, stress, low energy, and more! From basic mat moves to the right foods that fuel a lean, toned figure, The Women's Health Big Book of Pilates is the go-to guide for beginners and experts alike.

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## 500 400-CALORIE RECIPES

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## DELICIOUS AND SATISFYING MEALS THAT KEEP YOU TO A BALANCED 1200-CALORIE DIET SO YOU CAN LOSE WEIGHT

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*Fair Winds Press* For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor. Whether you're on a weight loss plan already, or looking to begin anew, 500 400-Calorie Recipes is your one-stop shop for healthy, deliciously comforting meals that won't bust your fitness goals, but rather boost you to them! The book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. The result? Four hundred mega-satisfying meals that cover your every craving and desire, from wholesomely hearty breakfasts to decadent treats that won't break the (calorie) bank. Start losing weight—by filling your plate!—with 500 400-Calorie Recipes.

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## PILATES PRACTICE COMPANION

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## TIGHTEN UP, RESHAPE, AND REINVENT YOUR BODY

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*Penguin* Pilates has become a worldwide phenomenon with over 12 million people practicing, and the numbers continue to grow. Pilates exercises build muscle tone, improve flexibility and balance, lengthen the spine, increase body awareness, and repair past injuries, helping people to feel stronger and more energized, centered and physically confident. Pilates Practice Companion is the one-stop guide for Pilates novices as well as those hoping to consolidate what they already know. The book is accessible and user-friendly, with a warm, reassuring tone. With beautiful specially commissioned step-by-step photography and clear instructions on each exercise, as well as key features, such as annotated photographs of common faults and a list of the physical and mental benefits of each exercise, the book demonstrates how to practice Pilates without costly classes and equipment. The exercises are separated into chapters - beginner, intermediate, and advanced-allowing readers to focus on the exercises that are relevant to them and to progress at their own pace. At the end of each of these chapters, there are specially devised programs of Pilates exercises of 20-, 40- and 60-minutes each, letting readers pick and choose depending on the time available. This book offers a more holistic approach to Pilates than other Pilates books. A chapter on The Benefits of Pilates gives a fascinating overview of the ways that Pilates can maintain or restore the health of the body. With the help of specially commissioned anatomical drawings, it explains how Pilates exercises work on and benefit everything from posture, flexibility and strength, to energy levels and integrating body and mind. The final chapter, Pilates Every Day, offers advice on how to use Pilates in all aspects of life-at work, for winding down, and for rehabilitation, for example. It also includes advice on healthy eating, helping readers to make better food choices to feel more energized and balanced. Pilates Practice Companion is an accessible, authoritative and inspiring resource to guide people of all abilities in their practice of Pilates.

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## PAJAMA PILATES

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## 40 EXERCISES FOR STRETCHING, STRENGTHENING, AND TONING AT HOME

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*Chronicle Books* Brimming with engaging exercise tips and colorful illustrations, this fun-to-read guide makes it easy to do pilates in your pajamas. Improve your strength, tone your body, and increase your flexibility with these 40 easy-to-follow exercises that you can do at home. Written by certified Pilates instructor Maria Mankin, the exercises include step-by-step instructions, notes on their physical benefits, and modification options. Readers will discover how to improve posture and core strength using a kitchen counter, stretch out their legs using the dining table, and tone their arms using the edge of the bathtub, plus so much more. Each exercise is paired with a colorful illustration of a pajama-clad person demonstrating the pose. Simple to follow and with no special equipment required (beyond pj's!), this accessible take on a popular exercise technique makes it easy to get fit without leaving the house. EXERCISE MADE EASY: Packed with achievable exercises, this interactive guide to at-home Pilates is perfect for people looking for easy, accessible ways to stretch and strengthen at home. No special equipment required! ALL-LEVELS AUDIENCE: With a range of practices and modification options, this book will appeal to a wide audience—from Pilates newbies looking for ways to get fit at home to experienced practitioners in need of exercise inspiration. The low-impact, high-reward practices can be done one at a time, or in a sequence for a more challenging routine. GREAT

SELF-CARE GIFT: Brimming with healthy practices and colorful artwork, this package makes a great self-care gift for moms, workout enthusiasts, and Pilates lovers, and pairs perfectly with other self-care accessories or a set of pajamas. Perfect for: • Pilates enthusiasts • Mother's Day gift shoppers • Anyone looking for easy ways to stay fit • Anyone looking for at-home exercises • Anyone who works from home

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## THE PILATES METHOD OF BODY CONDITIONING

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### INTRODUCTION TO THE CORE EXERCISES

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*Bainbridge Books* Demonstrates hundreds of low-stress exercises designed to firm the body, improve flexibility, and increase strength and endurance

### ELLIE HERMAN'S PILATES SPRINGBOARD

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### ANALYZING SCOLIOSIS

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### THE PILATES INSTRUCTOR'S GUIDE TO SCOLIOSIS

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*Createspace Independent Publishing Platform* Pilates Instructors: Are you prepared to work with clients who have scoliosis? Acquire the tools you need to create an effective lesson for your client's unique body. Analyzing Scoliosis will teach you how to: \*Diagram your client's scoliosis\*Use proper padding while exercising \*Measure your client's spine using a scoliometer \*Apply movement principles backed by medical research \*Expand upon your existing Pilates knowledge by identifying muscle groups affected by scoliosis to determine the best course of action for your client Whether you've been working with scoliosis clients for years or have just met your first one, Analyzing Scoliosis will help you develop the skills you need to become a renowned, respected Pilates Instructor who knows how to masterfully handle scoliosis clients--improving their curves and keeping them out of pain..."groundbreaking, comprehensive...a required read for your entire staff." -Jennifer Gianni, Founder of FusionPilatesEDU.com.."delivers a foundation for understanding scoliosis that is especially helpful to the PMA-CPT who is interested in advancing their knowledge."-Amy Beversdorf, MFA, PMA-CPT.."easy-to-follow guidelines give hope, build confidence, and create results..." -Jeannine Corbell, Balanced Body Master Instructor.."perfect for those of us dealing with scoliosis clients on a daily basis."-Dede Brignardello, Level IV Pilates Instructor, Romana's Pilates

### PINK RIBBON PROGRAM

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### POST-OPERATIVE WORKOUT ENHANCING RECOVERY

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The Pink Ribbon Recovery Program is designed to facilitate recovery from breast cancer surgery. These surgeries include lumpectomy, mastectomy, and breast cancer reconstructive surgeries; including TRAM flap, LAT flap, and implant reconstruction. This program also reduces the risk of lymphedema. There are four phases to The Pink Ribbon Recovery Program. Each phase should be maintained for two weeks. The progression from one phase to the next will depend on how you are feeling. You can participate in these exercises two to three times per week. Once you have completed this program, you are now ready to join in many types of mainstream activities. Please be aware of any ongoing limitation you may have due to your surgeries. PHASE I can begin as soon as possible following surgery. Movement promotes blood flow which will increase oxygen supply. This helps to aid in the healing process. PHASE II focuses on improving trunk rotation and lateral flexion (side bending movement). Spine and core stability exercises are added in this phase and we continue with shoulder range of motion exercises. PHASE III adds more strengthening exercises for the core and we begin to incorporate lower body strength and stability exercises. Phase IV introduces the use of resistance to the workout. A Dynaband is used to strengthen the muscles of the back, shoulder, and trunk. Talk to your doctor or healthcare team member before starting this or any exercise program. The Pink Ribbon Recovery Program works in conjunction with your doctor's recommendations for an exercise program. You may also use this program in conjunction with, or as a follow-up to any prescribed physical therapy.

### YOUR HEALTH

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### A CORRECTIVE SYSTEM OF EXERCISING THAT REVOLUTIONIZES THE ENTIRE FIELD OF PHYSICAL EDUCATION

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*Presentation Dynamics Incorporated* "In this book, you will learn Joseph Pilates' fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises."--Back cover.