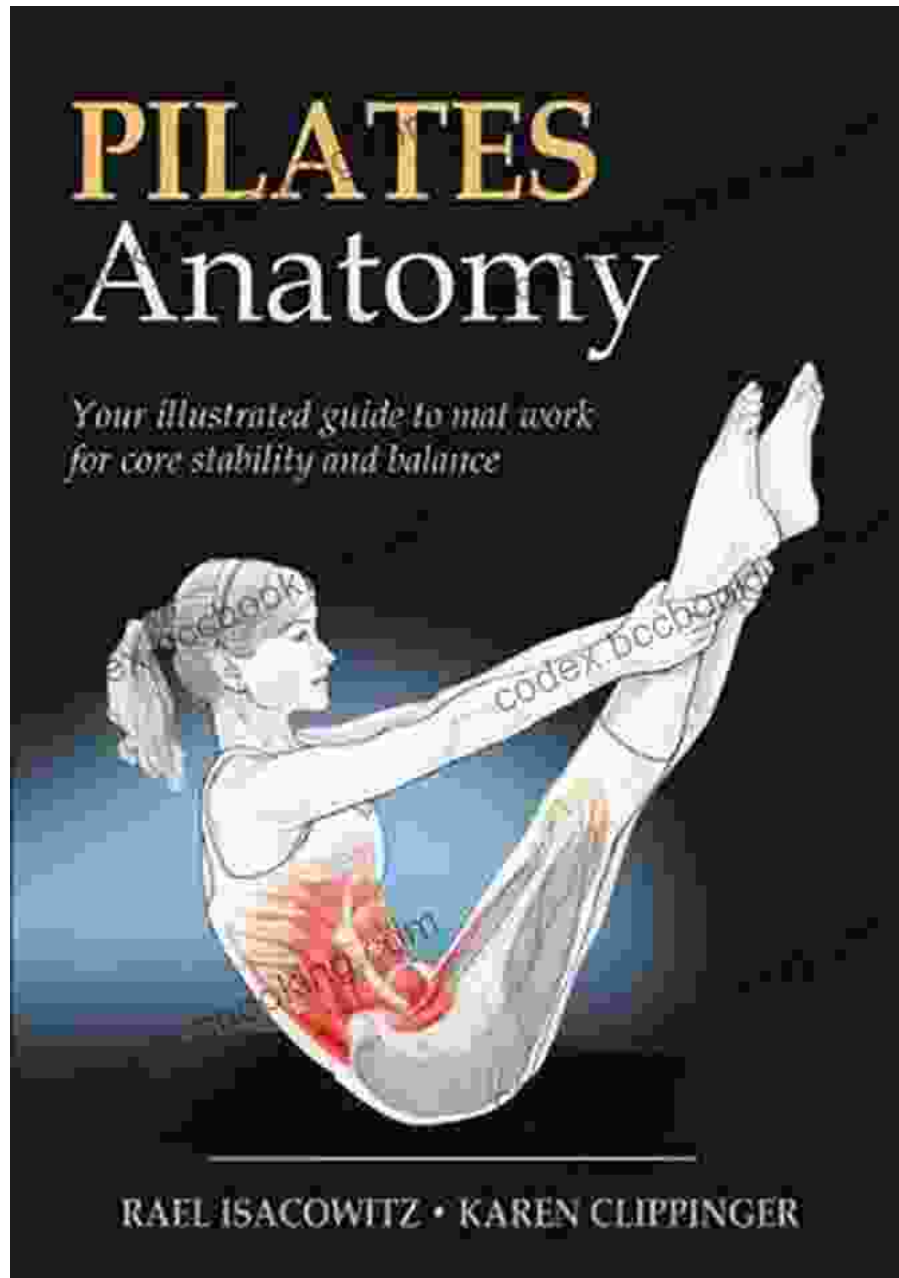


# Pilates Anatomy: An In-Depth Guide to Pilates Exercises and Techniques by Rael Isacowitz



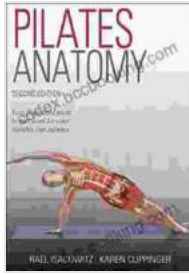
## Pilates Anatomy by Rael Isacowitz

★★★★☆ 4.8 out of 5

Language : English

File size : 73779 KB

Text-to-Speech : Enabled



Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 267 pages
Lending	: Enabled



## Product Details

- Author: Rael Isacowitz
- Publisher: Human Kinetics
- Publication Date: 2002
- : 9780736043163
- Pages: 416
- Dimensions: 8.5 x 11 inches

## About the Book

Pilates Anatomy is an essential resource for anyone interested in learning more about the Pilates method. This book provides a comprehensive guide to Pilates exercises and techniques, with detailed anatomical illustrations to help you understand how your body moves and how to perform Pilates exercises correctly.

The book is divided into three sections:

1. **The first section** introduces the Pilates method and its history, principles, and benefits. It also provides an overview of the human

anatomy and how it relates to Pilates exercises.

2. **The second section** provides a detailed guide to Pilates exercises. Each exercise is described in detail, with step-by-step instructions and anatomical illustrations. The exercises are grouped by body part, so you can easily find the exercises that you need for your specific needs.
3. **The third section** provides a variety of Pilates workouts that you can use to improve your fitness and flexibility. The workouts are designed for all fitness levels, so you can find a workout that is right for you.

Pilates Anatomy is a valuable resource for anyone who wants to learn more about the Pilates method. This book provides a comprehensive guide to Pilates exercises and techniques, with detailed anatomical illustrations to help you understand how your body moves and how to perform Pilates exercises correctly.

## **Benefits of Pilates**

Pilates offers a variety of benefits, including:

- Improved posture
- Increased flexibility
- Improved core strength
- Reduced back pain
- Improved balance
- Increased energy levels
- Reduced stress

## **Who Should Read This Book?**

Pilates Anatomy is a valuable resource for anyone who wants to learn more about the Pilates method. This book is especially beneficial for:

- Pilates instructors
- Pilates students
- Fitness professionals
- Physical therapists
- Anyone who is interested in improving their posture, flexibility, and core strength

## **About the Author**

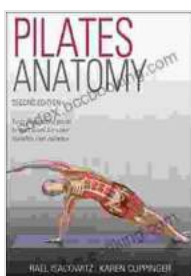
Rael Isacowitz is a world-renowned Pilates instructor and author. He is the founder of the Pilates Center in New York City, and he has taught Pilates to thousands of people over the past 30 years.

Isacowitz is a master teacher, and his books are considered to be the definitive works on Pilates. Pilates Anatomy is his most comprehensive book, and it is an essential resource for anyone who wants to learn more about the Pilates method.

## **Free Download Your Copy Today**

Pilates Anatomy is available now from Our Book Library.com and other major book retailers.

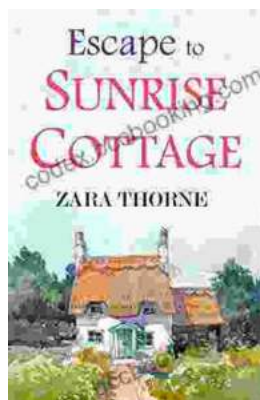
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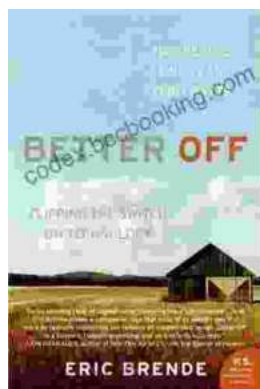
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