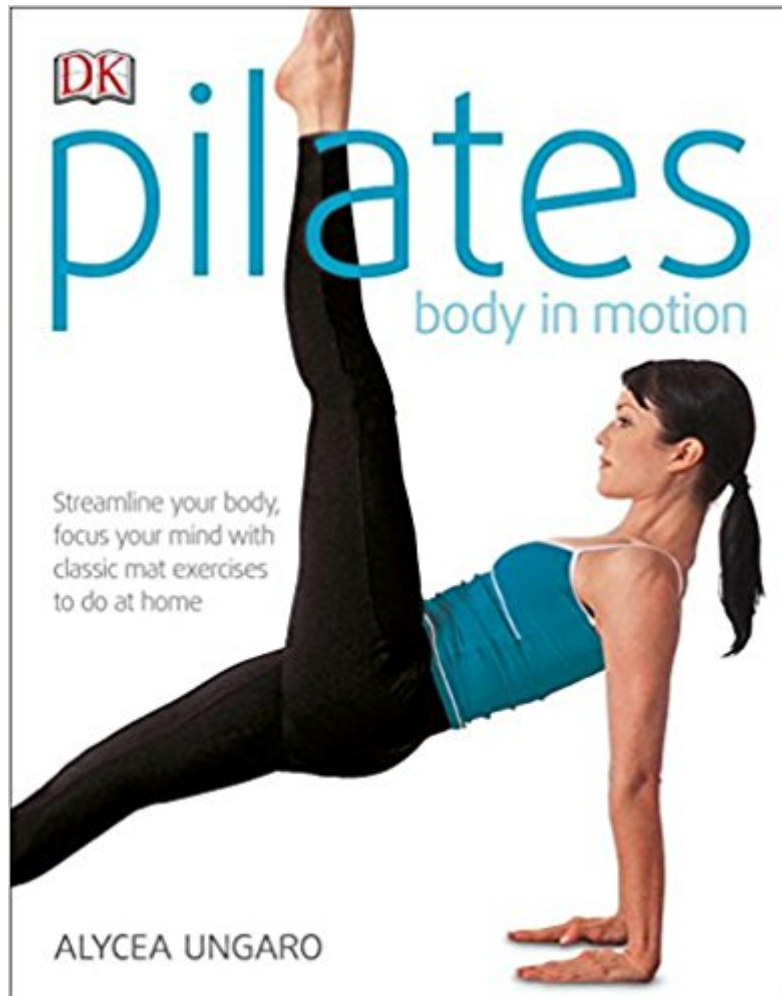




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# Pilates: Body In Motion



## Synopsis

Pilates: Body in Motion is a pioneering, step-by-step book for mat-based Pilates. A global best-seller famed for its clear instruction and innovative design, Pilates: Body in Motion clearly explains every exercise sequence with at-a-glance overviews, detailed step-by-step photographs, and a checklist of dos and don'ts. Author Alycea Ungaro pioneered mat-based Pilates and lends her expert advice to help you avoid injury and maximize Pilates' fitness and health benefits. Four program sequences allow you to move from beginner to intermediate to advanced and cover fifty mat-based exercises, from The Hundred to The Wall Sequence, the Open Leg Rocker and Corkscrew to the Swan Dive, Shoulder Bridge, Magic Circle Sequence, and many more. Streamline your body and focus your mind with 50 classic mat Pilates exercises to do at home with Pilates: Body in Motion.

## Book Information

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## Customer Reviews

Alycea Ungaro is a pioneer of the Pilates method, and the author of bestselling titles including Pilates: Body in Motion, 1st edition, The Pilates Promise, and The Pilates Practice Companion. In addition to serving on the advisory board of Fitness Magazine, Ungaro also travels widely as a guest teacher hosting retreats at world-famous location such as Amangani in Jackson Hole, Wyoming. She has trained celebrities including Madonna, Uma Thurman, Kyra Sedgewick, Claire Danes, and Molly Sims.

The illustrations and text are descriptions are helpful for those looking to learn traditional Pilates. If you're looking to practice the traditional Pilates method I would recommend this book. However, if

you have injuries, weaknesses, or just an unbalanced body (which most of us do) I would highly recommend STOTT Pilates (uses props to prevent injury) over Joseph Pilates' traditional method (taught in this book).

A pilates instructor is a must, no book will replace an instructor. Hence, if you are a pilates beginner that is training with an instructor, this book is a fantastic addition to your home routine. It provides excellent tips and the pictures really depict each single important movement for each pilates exercise. It has three levels, beginner, intermediate and advanced. So positions for each level are carefully explained. This is critical, if you are a beginner and you are in great shape (in pilates means that you are flexible for deep stretching), you might be able to do the same exercise in a complete different position than someone who is a beginner and is not flexible enough. The book shows all the positions for these three levels of body flexibility. Although the pictures show the models exercising in yoga mats, it is not a good idea to practice in a yoga mat. Use a good quality folding mat (even more if you have a lean body structure).

Pilates is a method of exercising, shaping and toning the body that's very different from a common workout. Two years ago I started doing Pilates aided by a very good book called *The Pilates Body* by Brooke Siler. In the first few weeks I had already lost some weight, was noticing the outline of my muscles and had stopped feeling hungry all the time. I have since dropped two dress sizes and I still do the workout daily. After going through five other books I think that *Pilates: Body in Motion* is, without a doubt, the best Pilates workout book to date. Why? Well, first, the book is organized in a logical and easy-to-study format that helps to memorize and follow the different levels of the workout program without missing a single step, and allows browsing through them for quick consultations. Second, it presents the complete sequence for each exercise photographed, and step-by-step instructions for each movement with detailed, but simple, explanations of posture, breathing and motion. Third, it has complimentary information for each exercise: number of repetitions, warnings and alternatives for people who shouldn't perform particular exercises, modified versions to make sure the program is adaptable to almost anyone, dos and don'ts to insure proper execution, and transitional positions between following exercises to maintain the rhythm of the workout. Fourth, it includes a thorough explanation of the key principles of the Pilates method, whose application is fundamental to achieve the benefits offered by the workout. Fifth, it contains preparation exercises for each level (from beginner to advanced) that serve as a sort of test to indicate when to move on to the next level. I recommend this book to anyone serious about

maintaining a healthy, toned, and well-shaped body. I would also recommend buying The Pilates Body by Brooke Siler for additional exercises and The Optimum Nutrition Bible by Patrick Holford for a natural and effective way to backup your workout on advice on how to eat.--Reviewed by M. E. Volmar

I've used a couple of DVDs to learn Pilates (no, I can't afford classes) and they just did not inspire me to keep with the routine. I've been using this book for just a few days but I find that #1 I like a book better because I can go at my own pace and there is no annoying music or shrill instructor's voice and #2 the book has a refreshing lack of motivational yada-yada and instead goes on the assumption that you CAN do it, and since you bought the book you already WANT to do it. The photos are clear and understandable and I also appreciated the breathing instructions, the Cautions (for example, "If you experience back pain while holding your legs up...") and the Visualizations ("Imagine molding your body into the shape of a tremendous horseshoe"). Each exercise includes a photo of what you may be doing incorrectly, and a "Head-to-toe checklist". The emphasis is on doing each exercise as perfectly to form as possible and becoming strong and controlled; not on doing more, faster, or how skinny you're supposed to get. All the exercises are for the mat or the wall, so no equipment or gadgets are needed, either. Great book!!

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