



Pilates-2nd Edition

Rael Isacowitz

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The most acclaimed, comprehensive guide on Pilates is now updated, expanded, and better than ever!

In this second edition, world-renowned Pilates expert Rael Isacowitz shows you the same repertoire that he has used to train multiple Olympians 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 photos, imagery cues, and detailed instruction on breathing to help you perform the movements correctly. The mat work in this edition is organized according to a mat-specific version of the comprehensive BASI Block System used for the apparatus work. This arrangement enhances understanding of the expansive repertoire and provides the tools for creating personalized mat routines. A unique set of challenging exercise sequences is offered to facilitate performing the movements in one continuous, flowing motion.

After the mat work, where most books stop entirely, Pilates goes on to apply the same depth of instruction and photos to the full range of Pilates apparatus:

- Reformer
- Cadillac
- Wunda chair
- Step and ladder barrels
- Ped-a-pul
- Arm chair
- Magic circle

The complete repertoire includes a purposeful grouping of exercises into blocks that work all regions of the body and progress from the fundamental level through the intermediate and advanced levels to challenge you at all stages of Pilates development.

With more than 200 exercises and more than 50 variations, Pilates is the most comprehensive guide available on the method. As a contemporary approach to the work of Joseph Pilates, this is the one book you need in order to improve your balance, concentration, coordination, posture, muscle tone, core strength, and flexibility—in short, your well-being.

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Jack Scala:

The book Pilates-2nd Edition has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. Tom makes some research previous to write this book. This book very easy to read you may get the point easily after reading this article book.

Nicole Norris:

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