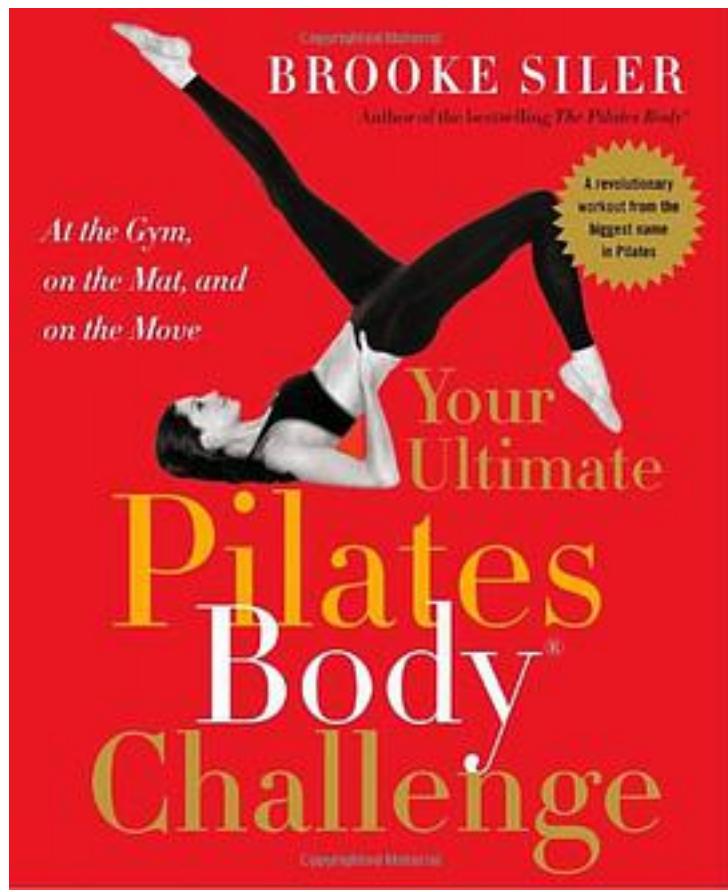


# YOUR ULTIMATE PILATES BODY CHA



[YOUR ULTIMATE PILATES BODY CHA\\_下载链接1](#)

著者:Siler, Brooke

出版者:Bantam Dell Pub Group

出版时间:2005-12

装帧:Pap

isbn:9780767919821

In this remarkable new program, Pilates instructor Brooke Siler once again revolutionizes the world of Pilates, reinventing how and where Pilates is performed, to take your fitness to a whole new level. Elegantly designed and beautifully illustrated, Your Ultimate Pilates Body Challenge takes a fresh approach to Pilates, challenging readers to rethink the way they move and to incorporate Pilates-conscious movements

into every aspect of life:

At the Gym: Siler takes you through a fun, rapid-fire circuit of machines that gets and keeps you in your cardio target zone. For the first time ever, you will learn how to use powerful Pilates techniques to maximize your workouts on standard gym equipment (StairMaster, treadmill, stationary bike, etc.).

At Home: Siler steps up the at-home basics by applying Pilates' principles to work with weights, bands, and non-accoutrement-based exercises.

On the Mat: As so many readers and clients have requested, Siler has created four brand-new mat routines specifically to target abs, lower body, posture, and flexibility, and designed to take experienced practitioners and beginners alike to new levels of body-sculpted accomplishment.

Sports: Siler offers insight into secrets of the world's best athletes, explaining how to move with Pilates form in individual and team sports. With core strength created in Pilates you can hit better golf shots, ski with less fatigue than ever before, and bring more power to your tennis game.

Everyday Life: Using her trademark "Invisible Workout," Siler shows you how incorporating Pilates-based awareness and movements into everyday activities—such as restocking the pantry, working at the computer, climbing stairs, or picking up the baby—can tone and strengthen your body.

You will be amazed at how much better you feel when your carriage, breathing, posture, and movements are done Pilates-style. This dynamic book shows how Pilates can actually be the basis for total-body transformation—by simply challenging you to get the absolute most out of everything you already do.

作者介绍:

目录:

[YOUR ULTIMATE PILATES BODY CHA](#) [下载链接1](#)

标签

评论

YOUR ULTIMATE PILATES BODY CHA\_下载链接1

书评

YOUR ULTIMATE PILATES BODY CHA\_下载链接1