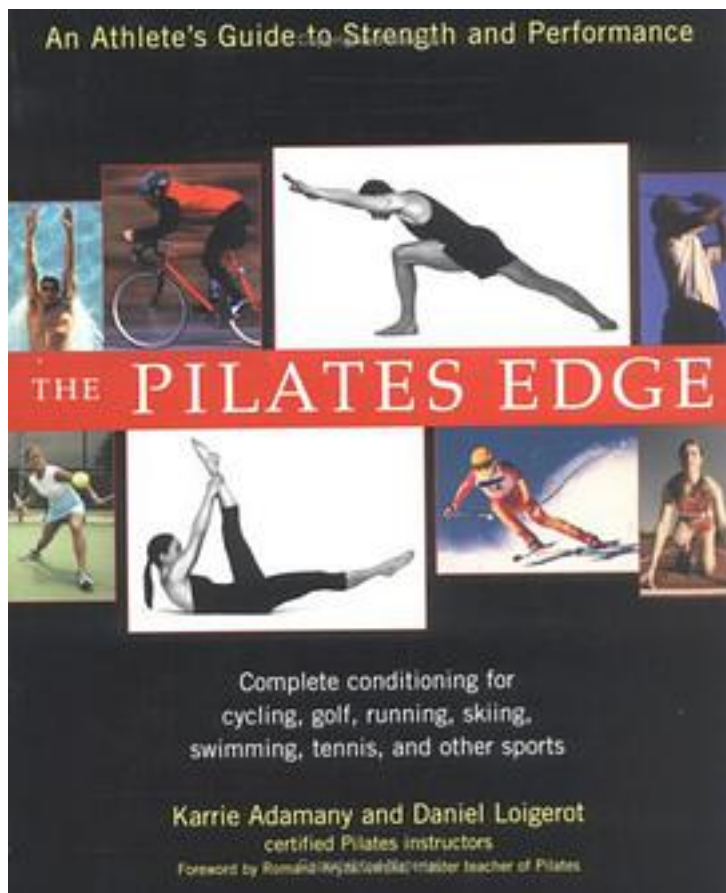


The Pilates Edge



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Pilates is a unique conditioning method-originally developed by Joseph Pilates for boxers, gymnasts, and dancers-based on the philosophy of a unified body, mind, and spirit. The Pilates Edge uniquely applies the Pilates Method to sports training, revealing how the basic principles of Pilates relate to athletic achievement as well as everyday

health and fitness. With more than 200 photographs, the book includes a basic mat routine with as well as specific workouts for golf, running, racket sports, swimming, cycling, and skiing, giving special attention to the muscle groups and common injuries associated with each sport. Pilates can improve the physical and mental well-being for athletes at any level, enhancing performance and confidence, improving control, increasing range of motion in the limbs, and preventing injuries-giving them The Pilates Edge.

作者介绍:

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