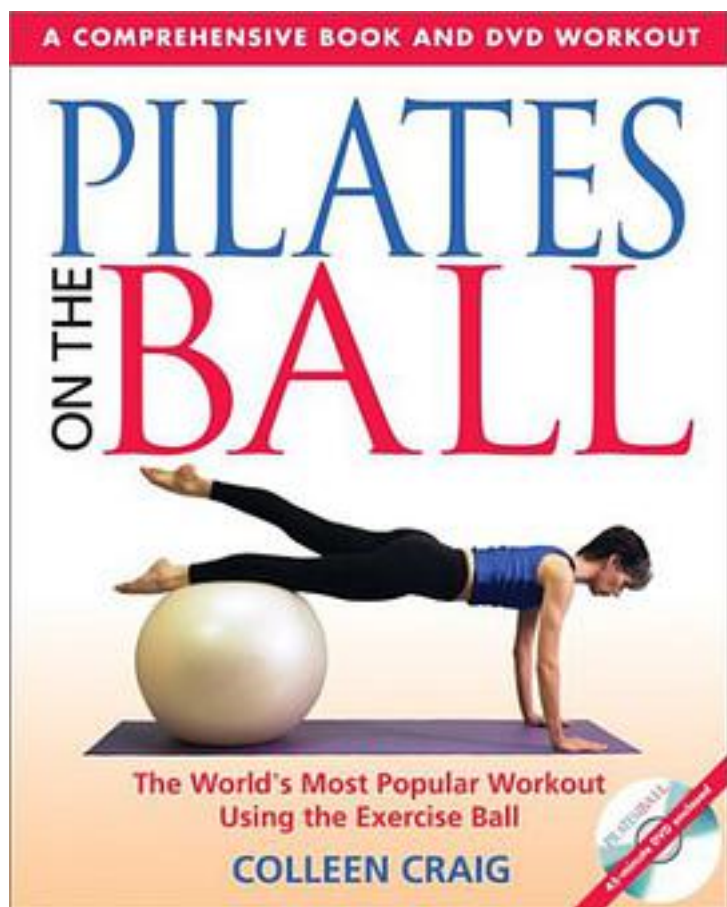


Pilates on the Ball



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The Pilates Method of body conditioning is a highly effective workout technique that strengthens the body while engaging the mind. Developed in the early twentieth century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body; builds long, lean muscles; and develops core abdominal strength. Many

lifestyle and fitness magazines have named Pilates the hottest workout of the decade. In a first-of-its-kind fusion, PILATES ON THE BALL merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball, used by Olympic coaches, dancers, and athletes to fine-tune body awareness and enhance physical performance. The ball magnifies and intensifies the benefits of the carefully developed and refined Pilates Method. Because maintaining balance on the ball recruits the deep, stabilizing muscles of the spine, the postural muscles are strengthened . Intense enough to engage seasoned athletes yet accessible enough to use as an everyday exercise routine or to alleviate chronic pain, PILATES ON THE BALL builds strong bodies and engaged minds.

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