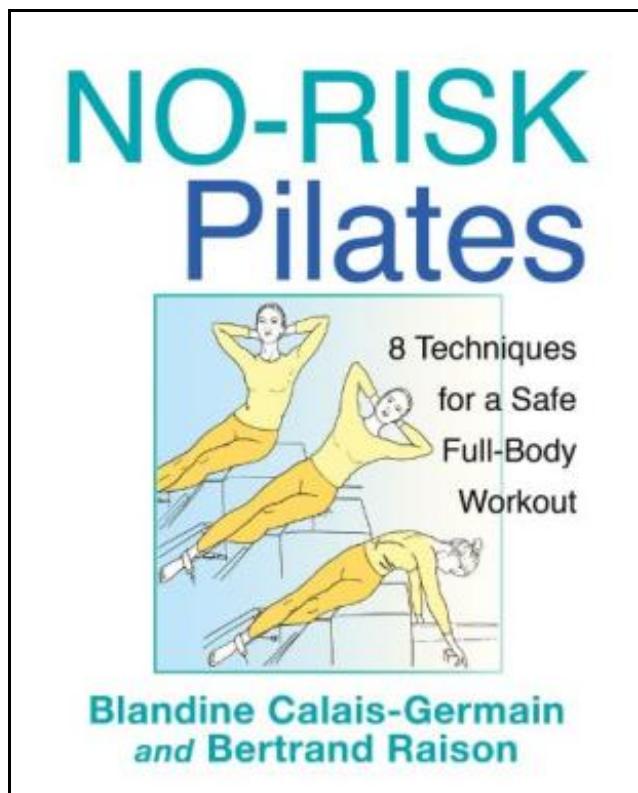


## No-risk Pilates: 8 Techniques for a Safe Full-body Workout



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Inner Traditions Bear and Company, United States, 2012. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book. An illustrated, anatomical guide to improve the benefits of your Pilates workout while also preventing injury - Examines the correct movements, specific risks, and common mistakes associated with 8 fundamental Pilates exercises, including practices using Pilates exercise equipment - Offers guidelines to increase the effectiveness of your Pilates workout, maintain correct alignment, improve stability, and prevent injury to the pelvis, back, wrists, and ankles Developed in the early 20th century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body, builds long, lean muscles, and develops core abdominal strength. However, practiced improperly, Pilates exercises can lead to injuries such as pinched discs, hyperextension of the wrists, or low-back pain. No-Risk Pilates reveals how to minimize the risk of injury and maximize physical benefit for a strong, toned, and aligned physique. Using Blandine Calais-Germain's signature anatomical style, this illustrated guide examines the body's movements during 8 fundamental Pilates exercises, including practices using the Pilates Reformer, and explores the specific risks and common mistakes associated with each exercise. Detailing how injuries occur to the pelvis, back, wrists, and ankles during Pilates, the authors offer tips and guidelines to maintain correct alignment, improve stability, and prevent injury as well as increase the effectiveness of your Pilates workout.

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