



The Pilates Edge: An Athlete's Guide to Strength and Performance

By AVERY, Karrie Adamany, Daniel Loigerot

Avery Publishing Group Inc., U.S. Paperback. Book Condition: new. BRAND NEW, The Pilates Edge: An Athlete's Guide to Strength and Performance, AVERY, Karrie Adamany, Daniel Loigerot, Pilates is a unique body conditioning method - originally developed by Joseph Pilates for boxers, gymnasts, and dancers - based on the philosophy of a unified body, mind, and spirit. Pilates teaches precision movement generated from the center of the body, the 'powerhouse', which includes the abdominal muscles, lower back, and buttocks. Drawing from the powerhouse enhances control, can increase range of motion in the limbs, and prevent injury of the spine. "The Pilates Edge" makes the connection between the Pilates Method of body conditioning and sports training, showing how the basic principles of Pilates relate to athletic achievement as well as everyday health and fitness. With this instructive book, athletes and anyone wanting to enhance their physical performance will learn to strengthen and condition their bodies while preventing injuries. The authors begin by outlining the Authentic Pilates Method, as taught to them by Romana Kryzanowska, the last living disciple of Joseph Pilates. This fully illustrated workout includes variations for the beginner, intermediate, and advanced levels. The authors then provide specific workouts to strengthen and...



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- **Melvin Hettinger**

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Easton Collier DVM**