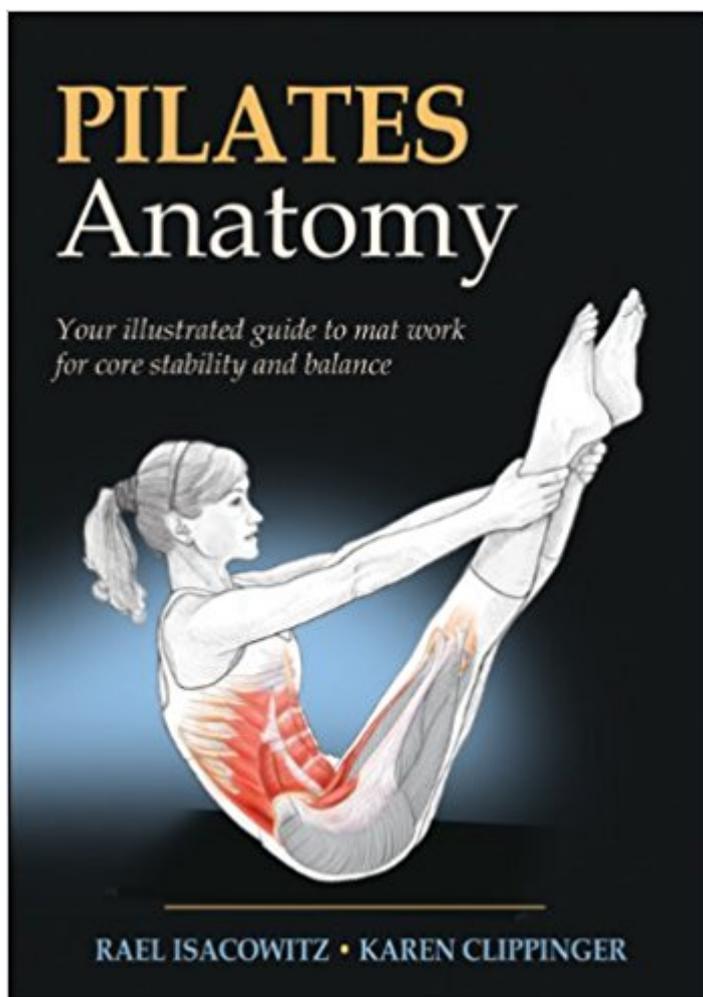


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# Pilates Anatomy



## Synopsis

This is Pilates as you've never seen it before. With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. Using the original mat work of Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked. Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. You'll also find techniques for breathing, concentration, and self-awareness for a unique exercise experience that enhances your mind and your body. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, *Pilates Anatomy* is a one-of-a-kind resource that you'll refer to again and again.

## Book Information

Paperback: 216 pages

Publisher: Human Kinetics; 1 edition (March 10, 2011)

Language: English

ISBN-10: 0736083863

ISBN-13: 978-0736083867

Product Dimensions: 0.5 x 7.2 x 10.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 137 customer reviews

Best Sellers Rank: #11,282 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #17 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #20 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

"Karen and Rael are two of the most respected names in the Pilates field, and *Pilates Anatomy* brings together their clarity and passion. This book is at the top of my list." -- Nora St. John, Education Program Director, Balanced Body University

"There is a wealth of information in *Pilates Anatomy*. The Pilates world is fortunate to have this resource." -- Peter Davis, Cofounder of IDEA Health and Fitness Association and Inner IDEA

"*Pilates Anatomy* by Rael Isacowitz and Karen Clippinger is an exceptionally well-mapped journey into the muscular anatomy and

kinesiology of Pilates exercises. A must-have anatomy book for any serious student of Pilates, *Pilates Anatomy* will surely appeal to anyone interested in how muscle groups work together in exercise. — Marguerite Ogle, [About.com/Pilates](http://About.com/Pilates)

Rael Isacowitz is a world-renowned practitioner and teacher of Pilates. He has over 30 years of Pilates achievement and is a prominent lecturer and teacher at symposiums, universities, and studios around the globe. Rael earned his bachelor of education degree from the Wingate Institute, Israel, and holds a master of arts degree in dance from the University of Surrey, England. During his career he has worked with numerous Olympians and many professional athletes and dancers. Rael's early Pilates teachers included Alan Herdman and thereafter several of the first-generation Pilates teachers (known as the Elders). To Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry, and Lolita San Miguel, Rael owes the inspiration and friendship that have guided his career. Rael has mastered all levels of the Pilates repertoire and is noted for his unique athleticism and passion for teaching as well as his synthesis of body, mind, and spirit. In 1989, he founded Body Arts and Science International (BASI Pilates), which has developed into one of the foremost Pilates education organizations in the world. At present, BASI Pilates is represented in 20 countries. Rael has authored the definitive book on Pilates (*Pilates, Human Kinetics*), published a series of training manuals on all the Pilates apparatus, produced DVDs, designed the revolutionary Avalon equipment, and created Pilates Interactive, the groundbreaking Pilates software. He is a regular contributor to several industry publications. Creativity and energy suffuse his work. For Rael, teaching Pilates is the ultimate gift. Isacowitz resides in Hood River, Oregon.

Karen Clippinger is a professor at California State University at Long Beach, where she teaches functional anatomy for dance, body placement, Pilates, and other dance science courses. She is also on the faculty for Body Arts and Science International (BASI Pilates), where she teaches Pilates certification programs. Furthermore, she teaches continuing education courses for BASI Pilates and other prominent organizations. Ms. Clippinger holds a master's degree in exercise science. Her lifelong passion is to make anatomical and biomechanical principles accessible so that people can better understand their bodies, improve technique, and prevent injuries. Her textbook, *Dance Anatomy and Kinesiology*, exemplifies this mission; reviewers have lauded the book for its combination of scientific comprehensiveness and practical wisdom. Before joining academia, Clippinger worked as a clinical kinesiologist for 22 years at Loma Linda University Medical Center and several sports medicine clinics in Seattle. She has worked with hundreds of professional dancers and elite athletes and consulted for the U.S. Weightlifting Federation, U.S.

race walking team, Pacific Northwest Ballet, and California Governor's Council on Physical Fitness and Sports. During that time she was drawn to Pilates because of its tremendous versatility and profound benefits for people of varying abilities and aspirations. Clippinger is a renowned presenter in Pilates, dance, anatomy, and biomechanics. She has given more than 375 presentations throughout the United States and in Australia, Canada, England, Japan, New Zealand, and South Africa. Clippinger was also an exercise columnist for Shape magazine for four years. She resides in Long Beach, California.

This is really an excellent book on pilates. It covers all levels from beginner to advanced. The anatomical drawings are superb, as are the descriptions of the positions. A very helpful feature: they suggest an image to visualize to help you get the correct "feel" of the position; i.e. imagine you're a strung bow, or imagine your leg is the cover of a heavy book. I love this book!

Among other factors like smoking history, diet, and family and medical history, doctors look at these markers to measure a person's health: flexibility, strength, endurance, and balance. "Pilates Anatomy" builds on all four of these areas in this 10-chapter book.

It's a deep dive look into a well-being philosophy that originated in Germany at the turn of the century. For the mainstream, home-based user, this

illustrated anatomy guide is a little dense - it feels more geared toward instructors or studio managers. The "Look Inside" feature is an accurate depiction of the 200+-page workbook, so if that preview appeals to you, and you are building your knowledge base to professional-level expertise, then this is an excellent resource. If, however, you are looking to expand your yoga or regular fitness routine with a Pilates workout, I recommend Anatomy of Fitness Pilates, instead.

I gave this book four stars because it explained pilates to me with anatomical illustration, which is what a visual person like myself needs. I felt that it provided a solid foundation for me to understand the processes that are going on within and what the intended results are to be. This was my first book on the subject and thus I have nothing to compare it to, but in my opinion, it was pretty good and I'm glad that I purchased it.

I'm not any kind of Pilates expert and I've only ever taken a few classes in my life, but I loved how this book allowed you to explore different exercises and gave excellent descriptions of each and

how you can build them together to craft your own workout. As a true beginner at this, it helped me find and understand which things I could do to help stretch and relieve some pain in my lower back. That alone was worth 5 stars for me!

As a Pilates instructor, I have bought many anatomy books, textbooks and dvds over the years, all with merit but none that specifically address Pilates anatomy with such accuracy and profound insight. This is it, folks! Not just an anatomy textbook, this comprehensive book gives you an in depth understanding of over 45 mat exercises, including step-by-step movement and breathing instructions, modifications, technique cues, muscles used and insightful side notes, not to mention the wonderful illustrations showing the proper form and activated muscles used for each exercise. Whether newbie or seasoned pro, no matter where you are on your Pilates journey, you must have this book! Thank you, Rael and Karen, for such an amazing gift. I hope this is just the first in a series that will also include the apparatus as well!

Find the muscle, treat the 'issue'! SEEING the muscle, where it IS and what it DOES makes a LOT of sense for me. I love this book and use it often.

This book gives you the inside knowledge of what Pilates Exercises are accomplishing as per each muscle group. I believe it gives you more incentive to work out knowing this information. It doesn't mean that one needs to attain the knowledge of a physician in order to understand the general concepts. It helps you shape your workout to your needs, I believe. I have been doing Pilates for 3 months with a Personal Trainer and have seen the results but wanted to know more about the subject. I think one day I may become a personal trainer myself as I am very enthusiastic about Pilates. I have worked with weights all my life but I believe Pilates is easier on the joints and yet gives you very good results in muscle tone, balance, and that very famous 'core' strength. In summary, if you want to delve a little bit more into the philosophy of Pilates exercises and how they affect your muscles, and your muscle tone, this is an excellent book and easy to read, and has illustrations as well.

Excellent book for any beginner or experienced pilates fan.

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