



## THE PILATES EDGE: AN ATHELETE'S GUIDE TO STRENGTH AND PERFORMANCE

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Avery Publishing Group Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, The Pilates Edge: An Athelete'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 Kryzanowksa, 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 enhance performance for golf, running, tennis, swimming, cycling, and skiing, giving special attention to the muscle groups and common injuries associated with each sport. They also include a chapter on Pilates for common aches and pains of athletes. Pilates improves physical and mental well-being for athletes at any level, enhancing performance and confidence through its 6 central principles: centering, breathing, concentration, control, precision, and flowing movement.



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