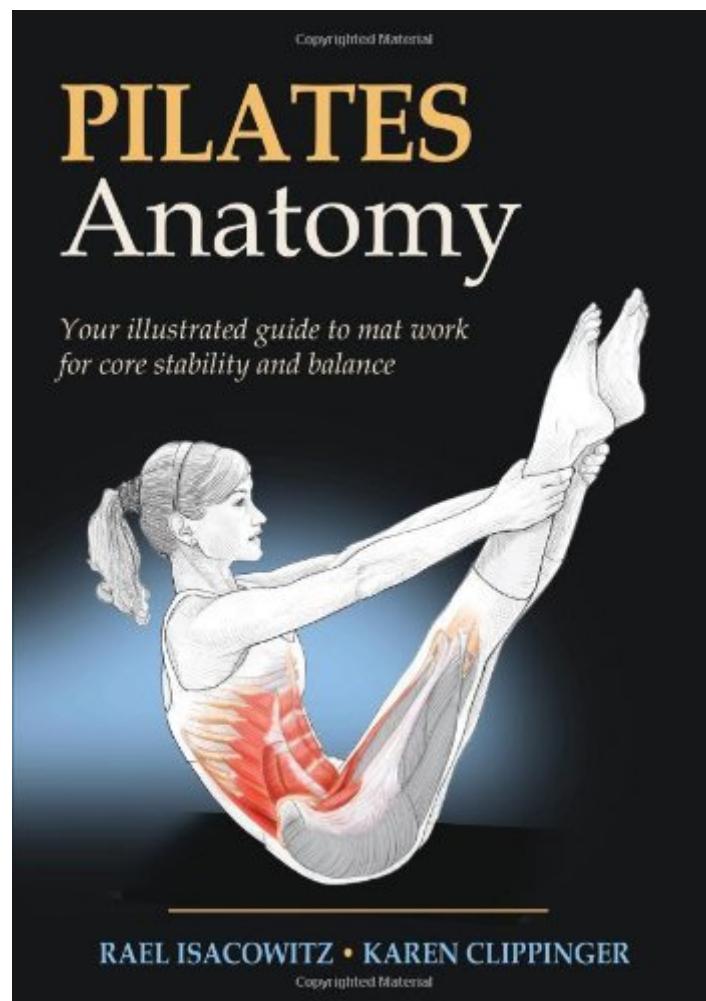


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# Pilates Anatomy



## **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. v

## **Book Information**

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## **Customer Reviews**

Pilates has splintered into many "schools or approaches," much like yoga, leaving some of us confused as to which version is closest to the original. This book is as close to the original as is

possible, so you can relax in the knowledge that reading it will give you an in-depth understanding of the original intent. That understanding will serve you well regardless which variation of the technique you later wish to pursue or, if you are already immersed in a variation, you will gain a deeper understanding of how your program may vary and why. It's no surprise that this is a beautifully illustrated and well-written guide to how Pilates affects our musculature considering that one of the authors, Rael Isacowitz, has studied for three decades with the first-generation of students who had been directly taught by Joseph and Claire Pilates. Furthermore, this text has been based on one of two books written by Joseph Pilates himself, *Return to Life Through Contrology*. This direct-lineage is important if you value authenticity. Pilates is wildly popular because it works. Getting information from the source is crucial to understanding how and why it works and making it work more effectively. Students of Reiki know that their teachers will authenticate how many "removes" they are from the originator of the techniques. Knowing you are getting information and counsel from someone who is only "two removes" from Pilates himself is important in the same way. The other author, Karen Clippinger, brings over three decades of experience in teaching anatomy, devoting more than half of that time to bringing Pilates into academic and rehabilitation centers.

NOTE: I received a free review copy of this book from the web site Metapsychology Online Reviews; you can read a more complete version of my review on that site. *PILATES ANATOMY* is the latest offering from Human Kinetics publishing group. For this project, Human Kinetics recruited Rael Isacowitz, a prestigious Pilates instructor who was trained by several "first generation" Pilates teachers (i.e., those who studied directly under Joseph Pilates himself) and Karen Clippinger, M.S.P.E., who has a master's degree in exercise science and has worked for over two decades as a clinical kinesiologist. As noted in the book's Preface, together, Isacowitz and Clippinger have more than 60 years combined Pilates-related experience. This manual is extremely comprehensive. Not only does it provide an in depth look at the mechanics involved in Pilates matwork, but also it offers an introduction to the discipline itself. Furthermore, because the authors recognize that their readers may not be coming from a scientific background, they include a review of basic anatomical concepts. Chapter 1 opens with the six key principles of Pilates (breath, concentration, center, control, precision, flow), with simple drawings illustrating how the breathing in Pilates takes place. In Chapter 2, there is a discussion of the spine which involves diagramming the regions of the spine and defining the major movements of the spine. The muscles of the "powerhouse" are also presented here, from the abdominals to the spinal extensors to the quadratus and iliopsoas; proper spinal alignment is addressed as well. The final introductory chapter (Chapter 3) provides an

analysis of joints, muscles, and the types of movements involved with each.

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