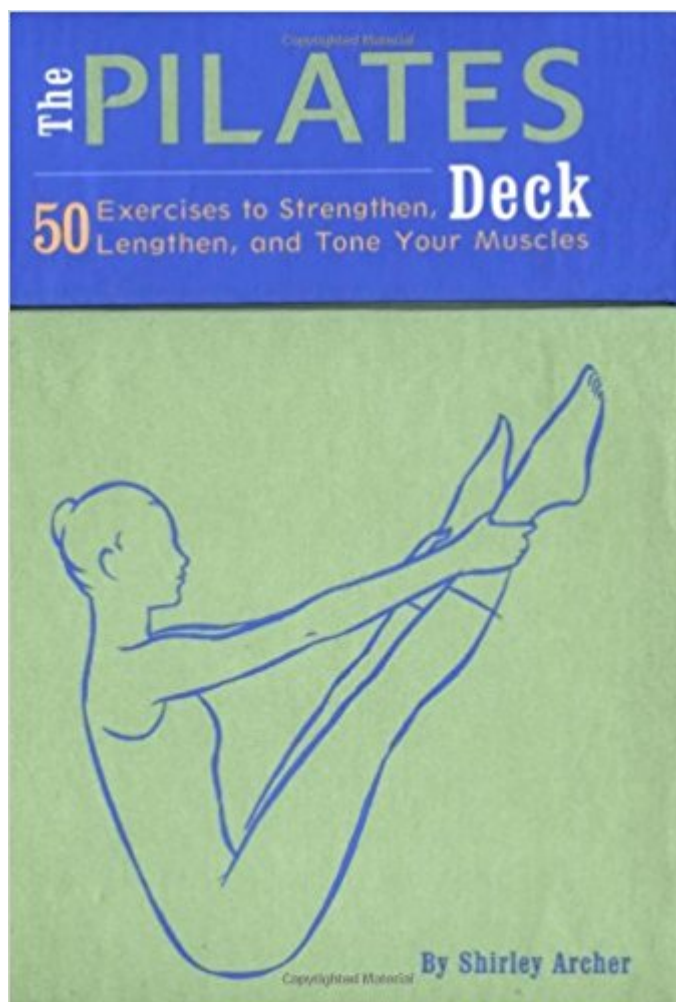


The book was found

The Pilates Deck



Synopsis

Develop a strong and flexible body that moves with ease and grace. With these 50 pilates exercise cards, you'll enjoy invigorating exercise that targets areas which support good posture and long muscles. Without relying on machines, The Pilates Deck makes working out easy by incorporating mat exercises that progress from preparatory movements to advanced sequences.

Book Information

Cards: 50 pages

Publisher: Chronicle Books (October 2003)

Language: English

ISBN-10: 0811838021

ISBN-13: 978-0811838023

Product Dimensions: 4.2 x 1.4 x 5.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #708,186 in Books (See Top 100 in Books) #111 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #23094 inÂ Books > Religion & Spirituality > New Age & Spirituality #55672 inÂ Books > Teens

Customer Reviews

I am a pilates instructor and The Pilates Deck by Shirley Archer is one of the best resources I have found. The deck is perfect for beginners because it very clearly shows the basic body positioning for all exercises. I love that the Deck also includes a series of stretching postures and that it includes more advanced versions of the basic exercises so that the reader may progress. The explanations are succinct and the illustrations easy to emulate on the mat. I have wholeheartedly recommended The Pilates Deck to my students and I highly recommend it to anyone interested in pilates.p.s. It's also small and light; easy to carry along in a gym bag!

I'm a beginner and I think pilates deck is really good. I have friends who are far more advanced with pilates and they weren't so impressed.I like to mix in the exercises from The 5-Second Flat Belly Secret - Lose 2-3 Inches from Your Belly in Less Than 1 Month with these pilates positions to get more focused work on losing my belly and that's been working out superb.

I have found the Pilates Deck to be a great way to keep up with my Pilates workouts while traveling.

The deck is easy to stow away when I pack, and it includes suggested workouts for different levels and differing amounts of time. And if I don't have time for one of the suggested workouts, I can make up my own. The cards clearly outline the individual exercises and include illustrations that can help you if you're a novice, and they also include suggestions on how to increase the challenge as your ability increases.

I am a fairly advanced Pilates practitioner, and I bought this deck so I could assemble a Classical Pilates workout for myself. I was fairly disappointed to find several exercises missing. Now, to be fair, I was pleased to see the newer stretches introduced, and those would have been helpful if I could actually use this deck. However, I have to rely on my own flipchart now, and will perhaps add a few of those stretches into my own, and throw the deck away (or sell it). Another sad part about it is that there aren't enough cards to assemble the complete Advanced Full-Body Workout. Some of the stretches (20 and 21) are mentioned 3 times. If you're putting the deck together and in the middle of your workout, should you have to remember that the stretch occurs in many different places? There should be several copies of those cards. While I may have been able to use the "modified" cards (and remembered the correct way to do them, since the card doesn't talk about the original method), there were several I didn't find in the deck at all. I hope another edition comes with all the exercises in it and several copies. THEN I'll consider buying it. Until then, I'm glad I only paid \$5.

Modified exercises: Modified Swan Dive [doesn't provide the classical version (pulling your arms back and opening your chest while rocking up)] Modified Scissors [doesn't provide the classical version (propping your hips up)] Modified Push Up [doesn't provide the full classical version in plank (starting from standing)]

MISSING exercises: The Roll Over With Legs Spread (Both Ways) The Cork Screw The One Leg Kick The Double Kick The Neck Pull The Bicycle The Jack Knife The Hip Twist With Stretched Arms The Side-Kick-Kneeling The Boomerang The Seal The Crab The Rocking The Control Balance

First of all the seller is A-1. These cards are very helpful if you want to plan a routine. They contain modification and are put in a logical order. If you are a new instructor, you can lay them out to remind you what to do. Also you can have your students each pick a card for an exercise and combine them for a session. I suggest that if you are interested in Pilates on a serious level. Get this but first get the Silver Book. It will make this easier to use.

If you're a regular person who isn't a huge fitness nut, this deck is a great motivator and helps to get

a good workout without it being too time consuming, confusing, or difficult. It has stretches and prep cards to help you get ready for the more challenging exercises. I combine this with my Yoga deck for a thorough workout. The instructions are easy to understand, and there is a good deal of variety working with different areas of the body.

I love this Pilates reference. I've had this deck a few years but didn't read it like a book and dove in missing the 'recommended sequences'. They should help me get back into a regular exercise routine.

The first third of this deck is stretching exercises, the last half is really Pilates. The other content is in the middle and called "prep". The Pilates material is good quality and helpful but I was expecting a higher content of pure Pilates information. I'm happy I have this deck but it did not exactly live up to my expectations.

[Download to continue reading...](#)

Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale The Pilates Deck Pilates Body in Motion Deck Magic the Gathering Strategy and Deck Building Tips: A Complete Guide to Building a Magic Deck that Wins! Complete Deck Book: Everything You Need to Design and Build Your Own Dream Deck (Sunset Books) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Pilates : Workout routines to change your body Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Pilates: Body in Motion The PMA Pilates Certification Exam Study Guide The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness The PMA Pilates Certification Practice Question Booklet Fix Your Feet- Using the Pilates Method

