



Stretching on the Pilates Reformer: Essential Cues and Images

Anthony Lett , Kenyi Diaz

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Whether you are just beginning your Pilates journey, or have been practicing or teaching for years, Stretching on the Pilates Reformer will be an invaluable resource—one that allows you to see each exercise in an entirely new light. With modern variations on some of the classics, and some entirely new stretches too, the anatomically detailed full color 3D graphics take you inside every exercise. With clear, simple, step-by-step cues that have been tried and tested over a 20-year period, Stretching on the Pilates Reformer provides you with a deeper understanding of the structures and principles underlying each movement. You will be able to teach and practice these safe and effective stretches in no time at all. If you have an interest in stretching and anatomy, the stunning illustrations in this book will show you how each muscle is used, how slight alterations in position can enhance and reduce effectiveness and how breathing and body position are related. With over 100 images and 50 exercises you can target a specific region to stretch, strengthen and develop self-awareness skills in the process.

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Author : Anthony Lett , Kenyi Diaz

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