

Pilates Chair: Challenging the Core

By Christine Romani-Ruby

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Pilates Chair: Challenging the Core presents dozens of chair exercises with precise directions, clear pictures, and easy-to-follow cues. The exercises are organized by position of the spine (neutral, flexion, extension, side bend, and rotation) so that instructors can easily determine which clients should perform each movement and then how to progress client programs and classes. This manual will be useful for Pilates instructors and for rehab professionals interested in using Pilates exercise as part of a treatment program for their patients. Unlike many Pilates manuals, Pilates Chair: Challenging the Core provides not only the exercises, but also a clear rationale of why each exercise is done. And the variations included with each exercise provide safe and effective options for everyone.

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Editorial Review

About the Author
Christine Romani-Ruby, PT, MPT, ATC is a rarity in the Pilates worldan experienced Pilates professional and international presenter with a strong background in physical therapy and fitness. Christine has been a licensed physical therapist for 20 years, and an associate professor at California University of Pennsylvania in the physical therapy and exercise science programs for seven years. She is gold certified as a Pilates instructor through the Pilates Method Alliance. An international presenter, Christine is owner of Phi Pilates and co-owner of Phi Pilates Studio. She has authored five books and produced 13 videos on Pilates. Her most recent interests are in Pilates as a wellness practice, Pilates as therapeutic exercise in the physical therapy environment, and Pilates in the development of the adolescent dancer.

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