

Pilates Illustrated

By Portia Page

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Pilates Illustrated is your guide to lengthening and strengthening muscles while improving posture, flexibility, and balance.

Renowned instructor Portia Page shows you how to perform the essential movements, exercises, and mat work routines. You'll also learn to incorporate equipment, such as a stability ball, stretch band, and Pilates ring, to isolate muscles for targeted results.

Pilates Illustrated's straightforward, highly visual approach and 13 predefined routines (including those for perfecting posture, low back care, morning energy, evening relaxation, and total-body strength) offer the quickest, and most effective way to experience the physical and mental benefits of Pilates. Throughout you'll also find execution cues, modifications, and variations allowing you to immediately perform each exercise regardless of experience or skill level.

With detailed instructions and hundreds of full-color photos, *Pilates Illustrated* will accompany you step by step on the path to improved health, strength, flexibility, energy, and relaxation. This is the exercise guide that you will turn to time and time again.

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"Pilates Illustrated *is a must-read for novice or seasoned Pilates enthusiasts. Page's clear descriptions with step-by-step instructions will help you get through even the most challenging exercises and routines!"*

Lizbeth Garcia -- PMA Gold Certified Pilates Instructor Star of *Health Magazine's* video of the year, *On the Ball Pilates Workout for Beginners*

"Pilates Illustrated *supplies easy-to-understand cues and teaches the mind–body benefits of every move, which are suitable for all levels. Practitioners won't get bored—or have another lame excuse—thanks to 13 short routines, targeted to everything from stress relief to toning."*

Amanda Altman -- Associate Editor, *Pilates Style* Magazine

"Whether you are beginning your Pilates journey or are a veteran instructor, you are sure to find practical insights from Pilates Illustrated*. There is no one better to teach you the benefits of Pilates than Portia Page."*

Ingrid Owen -- Vice President of Group Fitness, 24-Hour Fitness

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