



Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century

By Joseph Pilates, Judd Robbins, Lin Van Heuit-Robbins

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First published in 1945, *Pilates' Return to Life Through Contrology* contains the authorized, legal, edited, and original Library of Congress version of Joseph H. Pilates' and William J. Miller's first complete fitness writings. It details the exercises, poses, and instructions fundamental to the matwork developed by Joseph and Clara Pilates. Based on his concepts of a balanced body and mind, and drawn from the approach espoused by the early Greeks, these are the exercises that continue to sustain a worldwide revolution in fitness strategies and exercise techniques. Joseph Pilates has been nothing short of revolutionary in his impact on the world of fitness and exercise. Readers will learn and view the original 34 exercises that Pilates taught to his students, many of whom have become exercise gurus in their own right. These carefully designed exercises constitute the results of decades of scientific study and research into the variety of physical ills that upset the balance of body and mind.

Practitioners of Pilates' forms and exercises in the 21st century continue to expand upon this earlier work by presenting a variety of creative new approaches involving circular movements, standing postures, and core strengthening exercises using props such as tubes, weights, poles, bands, magic circles, mini-balls, stability balls, foam rollers, and more.

Now included in this Revised Edition are 18 additional pages of explanations of what has transpired since the original 1945 work, along with several photo/text sequences of the latest 21st-century enhancements in the Pilates world. There are new descriptive pages of text that first describe the fitness principles evolved from Pilates' original Contrology work. This is followed by detailed text describing 21st-century evolutionary developments that present the key dancers, choreographers, and leaders in the Pilates Studio and certifying organizations through the present. This section ends with a discussion of evolutionary props and apparatus developments, plus 21st-century sample exercises drawn from our larger new book, *Pilates Evolution for the 21st Century*. Following this section are three complete prop-based demonstration

exercises that include both photographic sequences (four per exercise) and step-by-step instructions for 21st-century Pilates exercises using the magic circle, elastic resistance, and the small fitness mini-ball.

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Editorial Review

About the Author

Joseph Pilates' based his concepts of a balanced body and mind on the approach espoused by the early Greeks. His books discuss fitness, health, and include his original exercises that currently sustain a worldwide revolution in fitness strategies and exercise techniques. He has been nothing short of revolutionary in his impact on the world of fitness and exercise. **Judd Robbins** has spent more than thirty years teaching physical fitness to students across the United States. During more than half of that time, he has specialized in teaching and enhancing the fundamental guidance and instruction of Joseph Pilates. He has multiple certifications in Pilates, yoga, and martial arts from various organizations. **Lin Van Heuit-Robbins** brings a master's degree in exercise physiology from the University of California, Berkeley, to her regular teachings in Pilates and personal training. Certified by the Physical Mind Institute in Pilates, she is also certified by the American Council on Exercise as both a group instructor and a personal trainer.

Users Review

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Asia Haynes:

Typically the book Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was authored by the very famous author. Mcdougal makes some research previous to write this book. This book very easy to read you can get the point easily after reading this article book.

Valerie Bell:

Reading can called brain hangout, why? Because if you are reading a book specially book entitled Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century the mind will drift away through every dimension, wandering in each and every aspect that maybe unknown for but surely will end up your mind friends. Imaging each and every word written in a reserve then become one contact form conclusion and explanation that maybe you never get ahead of. The Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century giving you a different experience more than blown away your head but also giving you useful facts for your better life in this particular era. So now let us teach you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Rose Watkins:

This Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century is great book for you because the content which can be full of information for you who also always deal with world and also have

to make decision every minute. That book reveal it details accurately using great organize word or we can claim no rambling sentences in it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but tricky core information with wonderful delivering sentences. Having Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century in your hand like obtaining the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world inside ten or fifteen tiny right but this reserve already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. busy do you still doubt which?

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