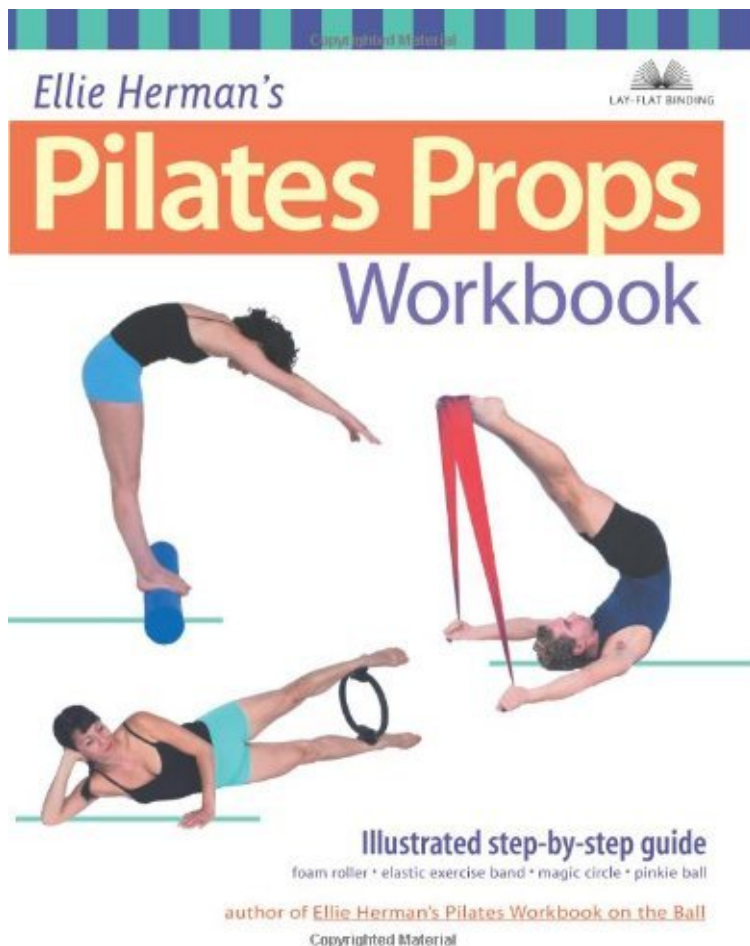


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# Ellie Herman's Pilates Props Workbook: Illustrated Step-by-Step Guide



Par Ellie Herman  
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**Description :** Description du produitPilates is one of the fastest growing exercise trends. Now Ellie Herman, a renowned Pilates instructor and author, shows how to make Pilates more interesting and enjoyable. In this book, she introduces the reader to popular workout accessories that expand and amplify Pilates matwork exercises. This book details each prop's unique characteristics and explains how it can enhance Pilates in its own way: the magic circles tone arms, the small ball held between the legs shapes thighs, the foam roller stretches the chest and shoulders, and the large exercise ball builds core stability. The author guides the reader step by step through photo sequences of specially designed exercises as well as variations on traditional Pilates movements. Each series takes full advantage of the different props' abilities to produce results in less time and with less strain. A bonus chapter describes the author's Pilates Springboard, an inexpensive and space-saving variation of the classic Pilates Cadillac. This make-it-yourself piece of equipment provides the same full-body workout as large studio equipment but at a fraction of the cost.

Prsentation de l'diteur  
**AMPLIFY YOUR PILATES WORKOUT USING PROPS**  
Pilates gets even better when paired with these simple accessories. Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine:  
The elastic exercise band increases resistance  
The ethafoam roller creates stability challenges  
The Magic Circle gives a great inner thigh workout  
Each movement is explained with clear captions and easy-to-follow photo sequences. Special programs for strains, injuries and chronic problems are also featured. In addition to strengthening and toning your body, Pilates with props helps you:  
Build balance  
Release tension  
Alleviate pain  
Rehabilitate injuries