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Pilates Method Debbie Lawrence,2015-08-27 Fitness Professionals Pilates Method is the first book to be written for the specific needs of Pilates instructors Pilates is one of the most popular and fastest growing group exercise classes in the UK For many years it has not been possible to write a definitive book for instructors as there have been many different schools of teaching However these have recently been brought together under a single national assessment meaning that all Pilates instructors must have the same foundation knowledge This book will cover these foundation subjects which include anatomy the key principles of Pilates assessment structuring a session teaching a session Written to the requirements of the national standards this book contains everything a new teacher needs to know in order to pass the national qualification and is an ideal reference for experienced instructors

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Division,1999 **Comprehensive Matwork** Merrithew Corp Staff,Stott Pilates (Firm),2001 **p-i-l-a-t-e-s Mat Work**

Essential Skills and Level 1 Exercises Catherine Wilks,2011-04-13 p i l a t e s Instructor Manual the first of 6 Mat Work programs for including a comprehensive introduction to the Pilates Method 35 Pre Pilates and Beginner Exercises that are a safe and effective introduction for new Pilates clients An excellent resource for Pilates Instructors beginning their teaching career Firm and Fit, with Moira [videorecording] Moira Stott-Merrithew, *Pilates Illustrated* Portia J. Page,2010-11-17 *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

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p-i-l-a-t-e-s Instructor Manual Mat Work Level 4 Catherine Wilks, 2011-04-14 This p i l a t e s Instructor Manual provides 37 Intermediate Advanced Pilates Exercises including several progressions leading up to the Advanced Mat The entire series of 6 p i l a t e s manuals contains 200 Mat Work exercises each with a detailed exercise description teaching points technical points basic anatomy contra indications and repetitions to assist Instructors in planning their Mat Classes

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