



The Pilates Edge: An Athlete's Guide to Strength and Performance (Avery Health Guides)

Daniel Loigerot, Karrie Adamany

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Complete body conditioning for golf, running, tennis, swimming, cycling, skiing, and other sports and activities.

Originally developed by Joseph Pilates for boxers, gymnasts, and dancers, Pilates is a unique body-conditioning method that teaches precision movement generated from the center of the body-the "powerhouse"-which includes the abdominal muscles, lower back, and buttocks. The Pilates Edge demonstrates how the basic principles of Pilates can enhance sports training and promote athletic achievement as well as everyday health and fitness.

With this instructive book, athletes and anyone seeking to improve their physical performance will learn to strengthen and condition their bodies while preventing injuries through a basic Pilates workout, designed with variations for beginner and advanced levels. The authors provide specific workouts for golf, running, racket sports, swimming, cycling, and skiing, giving special attention to the muscle groups and common injuries associated with each sport.

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