



The Pilates Powerhouse

Mari Winsor

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An exercise routine embraced by professional dancers for over fifty years, Pilates is now the hottest and most talked about fitness trend since the running shoe. The perfect blend of Yoga and Nautilus, Pilates concentrates on building strength and flexibility, improving coordination, balance, and posture, and increasing stamina. All Pilates movements are initiated by muscles in the abdominal area (known as the powerhouse) and are designed to work the smaller muscles that support larger ones, while stretching and lengthening the entire muscular package. A low-impact yet highly intense workout, Pilates is ideal for everyone, young or old, those who are extremely fit or out of shape, as well as those who have chronic pain, injuries, or asthma. Illustrated with over 100 black-and-white photographs, *The Pilates Powerhouse* brings this time-efficient and highly effective means to get and stay in shape into the home, without the need for expensive classes and elaborate equipment. Using only a mat, a stick and, for advanced Pilates, a ball, readers will feel personally trained by Mari Winsor's innovative routines and spirited instruction, reaping the dramatic and lasting results of Pilates in less than an hour a day.

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