



Pilates: Manual completo del método Pilates (Spanish Edition)

Rael Isacowitz

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Este libro, a través de 250 ejercicios, presenta todos los aparatos del método Pilates. Desde el nivel básico, pasando por el intermedio hasta llegar al avanzado, el libro le guiará paso a paso para ir avanzando en la práctica y conseguir fortalecer, elongar y esculpir los músculos. Los ejercicios se agrupan por aparatos y, a su vez, para cada uno de ellos, por regiones corporales. La descripción de cada uno de los ejercicios incluye su nivel de dificultad y el grado de resistencia recomendado; también, se indica la implicación muscular principal, los objetivos del ejercicio y una lista de puntos importantes con las indicaciones fundamentales para ejecutar correctamente el ejercicio. Asimismo, para facilitar la práctica, se desarrollan varios ejemplos de rutinas que le ayudarán a familiarizarse con los ejercicios y a aprender cómo secuenciarlos de manera efectiva.

El autor, Rael Isacowitz, fundador de BASI, una organización internacional consagrada a la enseñanza del método Pilates, es reconocido por su aproximación clínica y por su práctica con deportistas de elite, algunos de los cuales ha participado en los Juegos Olímpicos.

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