

Fitness Videos Pilates Yoga Zumba Core Strength Workouts

Karon Karter

The Core Strength Workout Karon Karter, 2004 The perennially popular yoga, ballet and pilates all owe their success to what has become the latest buzzword in fitness: Core Strength. Core strength refers to the torso muscles - from the glutes and abs to the back and neck - those muscles that literally keep you standing tall, strong and erect. Athletes and dancers have always understood the importance of core strength, and as our population ages everyone is beginning to herald workouts that concentrate on these all-essential muscle groups. After years of relying on yoga, pilates, ballet and various combinations thereof to work these muscles, the fitness industry is now developing routines strictly for Core Strength. This is the fitness trend of the decade.

Pilates: Full-Body Workouts for a Stronger, Sexier You Jasmine Evans, 2012-07-30 ABOUT THE BOOK Pilates is a kind of exercise that works both the mind and the body. It improves strength without necessarily building bulk. It also targets the core (midsection) and other muscles that often get neglected by other activities. My introduction to Pilates happened at an early age. For most of my life, I was considered tall for my age with long legs and big feet. My parents thought it would be a good idea to enroll their lanky toddler in ballet classes. I continued those classes (and other dance classes) for over 14 years. In high school, I was a lean 5'8" ballet dancer and basketball player. I still had big feet, but they were complemented by long legs, long arms, and a long neck. What did I have to complain about? My midsection. I was relatively slim, but I had a pudgy middle. In high school, where appearances are everything, I wanted to do something about it. Fortunately, around this time, my dance instructor introduced the class to the Pilates method. She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives. She promised that the method would flatten our midsections and make us feel taller. My dance instructor made good on her

promise. After just 15-20 minutes of Pilates before we started dancing, I felt taller. Over time, I felt slimmer. I was hooked. I've been doing Pilates ever since, and I love it. I've taken classes and I've done several Pilates DVDs. Of all the activities I participate in (everything from running to basketball to kickboxing to Zumba), Pilates is one that I always come back to because it is really so effective and important.

EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards--as if you are pulling it away from your belt line. Keep your rib cage relaxed and breathe normally. You should be able to feel the muscle contracting in your lower abdomen. Another essential skill is being able to activate your pelvic floor. Your pelvic floor muscles are at the base of your abdomen. They control your bladder and bowel functions. They also stabilize not only the pelvis but also the lower back. If you have lower back pain, are pregnant, or experience incontinence, learning how to control these pelvic floor muscles can really help. How do you activate your pelvic floor? Start in neutral spine position. Contract the muscles you would use to urinate. Breathe as you normally would. Once you can handle activating your TA and your pelvic muscles separately, try activating them together. Ready for some advanced Pilates moves? Great! Here are six of the most common moves for experienced Pilates pupils. Because sometimes it's easier to see the moves being done rather than reading about them, many of the links in this section are to videos.

Advanced Pilates Exercises

The Crab--The Crab requires complete control from your core, so it will give you a great ab workout. It builds on exercises like the "Roll Up" but is slightly more advanced. Start by sitting up straight. Bend your knees almost Indian style and cross your feet at the ankles. Bring your knees up to your shoulders and grab your feet with your hands. Drop your head and allow your spine to curve as you prepare to roll. Breathe in and roll back. Control the movement. Try not to let your limbs flail around. Once you roll to your shoulders, let go of your feet

and switch your feet around. Grab your feet again as you prepare to roll up. Breathe out and roll forward. Inhale as your head touches the mat. Roll back to repeat the move. Double Leg Kick--This move works the back extensors and the hamstrings primarily, but it can be a total-body exercise as well. Start by lying face down with your head turned to one side and your feet together.

Core Strength Workout Karon Karter, 2004 Transform your body with the exercises dancers, gymnasts, and Olympic athletes count on to stay strong, slim, and sexy. With The Core Strength Workout as your guide, you'll target the critical torso muscles that make the difference between fat and fabulous. You'll walk taller, sleeker, and leaner within weeks! Book jacket.

Home Workout DK, 2009-12-21 Forget gyms, expensive kit, and hours of punishing fitness regimes; choose from a range of 15-minute pilates, yoga and abs workouts, back exercises and strength training programmes and get your body in top shape with Home Workout. Clear at-a-glance photos show you exactly what to do and the live action 60 minute DVD demonstrates a choice of workouts to suit your fitness needs and mood. A total fitness package - exercising at home has never been easier or quicker!

Ultimate Core Ball Workout Jeanine Detz, 2005-06 Core training (aka strengthening and sculpting the body's midsection with a variety of exercises including everything from Pilates to situp-style crunches) is raised to a higher level with a program that utilizes the ball for greater effectiveness.

101 Ways to Work Out on the Ball Elizabeth Gillies, 2004-11-01 A full-color photographic book with 101 different moves you can do with an exercise ball. Exercise balls are cropping up in gyms all over the world, are sold in places like Kmart and Target, and are becoming the latest fitness craze. The thing is, what the heck do you do with the ball once you've bought it? Pilates, yoga, and more!

Liz Gillies, respected fitness trainer and star of several best-selling exercise videos, shows you 101 things you can do with a ball to tone, trim, and firm up.

Yogilates(R) Jonathan Urla, 2003-12-23 Yogilates is the future of fitness. It is the unifying essence of yoga and the powerful, therapeutic value of Pilates fused together into one system. Yogilates gives a more balanced and complete workout than when either discipline is done separately. With regular practice readers will progress safely and quickly to a stronger, more flexible body and a more relaxed state of being. Drawing from his background in sports and dance, Jonathan Urla, a certified Yoga and Pilates instructor, has created original exercises that stimulate and enrich the mind, body, and spirit and is appropriate for people of all ages. Representing a new paradigm in holistic fitness, Yogilates is perfect for anyone looking to improve their health and well-being.

Yogalates Louise Solomon, 2003-08 There's a revolution in exercise that is sweeping the globe-- and Louise Solomon is leading the way. A brilliant combination of the gentle stretch of yoga and the core-building strength of Pilates, yogalates is quite simply the perfect East meets West fitness answer for just about everyone. Everything a beginner needs to know is shown in dozens of color photographs, from body basics and breathing essentials to six complete, easy-to-follow workout plans. This total toning program will kick start the abs; work the waist, shoulders, and arms; tighten the butt and thighs; and train every muscle. There's even a resistance series and dynamic stretching. In-depth information explains how to control the breath; find the proper alignment; master the principles of movement and coordination; build endurance and prevent injury; and activate the core muscles. Each series of exercises is laid out clearly, simply, and logically, and taken together they absolutely transform any body into something beautiful. There's no better way to reach your ultimate goal. A Selection of the One Spirit Book Club.

The Fitness Book DK,2012-01-19 Find a fitness workout that works for you with the home fitness bible Whether you want to fit into your skinny jeans, brave a swimming costume in six weeks or squeeze in some exercise during your lunch break, *The Fitness Book* will help you find a workout that fits perfectly into your busy lifestyle. From stretching to strength-training and yoga to Pilates, over 500 exercises are covered plus questionnaires and tests help you identify the perfect workout for you. Tips on motivation and advice on healthy eating will keep you on the right track when the going gets tough. Easy to follow, enjoyable and achievable, *The Fitness Book* is your own gym membership for life so cancel your costly subscription and find a routine that really works for you.

30 Day Bodyweight Workout Program Sean Vigue,2018-07-11 The #1 Bestselling Fitness Book from the Most Watched Online Yoga and Pilates Guy, Sean Vigue! This interactive book is for the total beginner (perfect for men and women of all ages and fitness levels) who wants to increase their strength, flexibility, power and overall health and fitness using only their bodyweight. You'll see dramatic results after the very first workout! "Sean Vigue's 30 Day Beginner Program" is the PERFECT easy to follow workout companion for the total beginner who wants to increase their physical and mental performance on every level or anyone who has been dying to try yoga, Pilates, Power Yoga, stretching and calisthenics but didn't know where to begin. This complete 30 day training program will have you up and reaping the benefits today. There's no time like the present! This program consists of 30 COMPLETE WORKOUT VIDEOS (plus 2 extra credit more challenging programs at the end of the book). You simply copy and paste the link on each page and do the workout directly with me. The workouts are designed to ease you effortlessly into the program and they progressively become more challenging as you build that natural strength, flexibility and confidence. You will be AMAZED at how much progress you make after the first workout and it only

gets better. And best of all - all you need is your bodyweight. No weights. No equipment. No gym. Only a workout mat and comfortable clothing is recommended. Along with each video is a description of what you'll be doing, where the video was filmed and fun bits of trivia about how the workout came to be...sort of a behind the scenes peek. Every video has a story and Sean is excited to let you in on the secrets and bloopers behind each experience. It's time for you to look and feel better after the very first workout. Why not begin today? You can do these workouts anywhere and anytime, working them effortlessly into even the busiest of schedules. Or take these workouts to the gym and do them before, during or after your current routines and watch your physical and mental performance increase massively. The sky is the limit. Grab your workout mat and let's go! P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning Allan Menezes, 2004 Comprehensive and easy-to-follow, this original Pilates best-seller produces real results. It includes three levels of workouts and six routines that provide something for every person who wants the strength, flexibility, fitness and pain relief that have made Pilates workouts so popular. Pilates exercises offer a complete fitness system. They combine key elements of yoga and bodywork with original techniques that strengthen the core muscles of the torso while increasing flexibility throughout the body. Rather than building bulk, the techniques create sculpted muscles, reduce stress and increase energy. Special Features of this Book * A thorough introduction to the history and philosophy of Pilates' techniques * Detailed descriptions of 115 Pilates exercises in basic, intermediate and advanced routines * 176 step-by-step photographs illustrating the exercises * A special chapter on pain relief for back, knees, hips, shoulders, ankles and feet * A special section for

athletes, with strength-building and flexibility exercises This New Edition Includes Special Sections on * The Stamina Stretch-to increase breathing capacity and support core abdominal muscles * The B-Line Core-to give support for routines, a trimmer waist and relief from back pain * How to change the way you walk to prevent back pain and tension headaches * Back-strengthening routines for rotational sports like golf, tennis and racquetball * Upper-body exercises for computer users Most Pilates books don't address the different needs of beginners, advanced practitioners and athletes-but this book is different. Written by a former top college athlete, it can be used by both beginners and instructors to complement sports-training programs. The exercises are also perfect for people who simply want to get in shape. Use this book as your personal training manual as you explore your fitness potential to the fullest!

The BalleCore(r) Workout Molly Weeks, 2010-03-03 BalleCore is unique in that it combines three tried-and-true disciplines into one optimal workout. Pilates strengthens and stretches the major muscles, activates your core (the band of muscles below your chest), and energizes your body. Hatha yoga helps quiet the mind through breath, fortifies the nervous system, builds stamina, and produces mental equilibrium. Ballet increases blood flow, develops poise, promotes good posture, and improves balance. Fitness dynamo and faculty member of the Boston Ballet for the past seven years, Molly Weeks is the woman behind BalleCore. She has chosen an array of effective exercises from each of these three disciplines to create a fulfilling workout that can easily be done in your own home and in under an hour. The results? • Reduce backaches and stress • Develop stature, support the spine, and feel steady on your feet • Sculpt your arms, legs, hips, and core-and look trimmer than ever • Loosen those tight spots in the shoulders, neck, and joints • Gain an incredible sense of ease throughout your body • Experience inner calm, self-confidence, and renewed optimism With

step-by-step instructions and profusely illustrated with helpful photographs, The BalleCore Workout® is the ultimate path to good health, longevity, and mind/body wellness. Remember: 50 minutes a day can change your life!

Barre Fitness Fred DeVito, Elisabeth Halfpapp, 2015-09-30 Step up to the barre and strengthen your core with 100 at-home barre exercises! Infused with elements of ballet, barre classes were introduced by Lotte Berk in the 1970s as a new way to combine dance with traditional exercise. Just about any barre class will involve a lot of reps of small, pulsing movements (lifting and lowering limbs a mere inch or two) at the barre, with a heavy focus on the legs, glutes, and core and emphasis on form and alignment. Barre Fitness provides 100 at-home barre exercises from the fundamentals to more complex moves with a focus on building strength and improving technique--no barre required! Trained at the ground floor of the prestigious Lotte Berk Method NYC (where barre fitness originated), Fred DeVito and Elisabeth Halfpapp bring first-generation teaching and training experience and the acclaim of the Core Fusion(R) brand to this guide to at-home exercise, geared toward your fitness goals. This book breaks down the set ups, progressions, and sequences for all of the classic barre exercises to empower you to perform them at home with clear photographs and easy-to-follow descriptions and program routines. Each exercise explains the benefits and how they can be combined for different results. Learn how to integrate these barre exercises into your daily workout routine, while mindfully incorporating healthy eating and stress reduction habits, for living a healthier lifestyle regardless of your age or fitness level. Whether you want to tone and shape your muscles (without gaining muscle mass), build your core strength, lose weight, increase flexibility, combat aging, rehab from injury, or supplement your current fitness routine (or any combination of these), Barre Fitness offers the solutions you're looking for.

The Core Strength Workout Karon Karter,2004 Based on a combination of yoga, the Pilates system, and the exercise ball, this guide to enhancing core strength in the torso and back areas features a series of workouts that concentrate on key muscle groups. Original.

Pilates for Every Body Denise Austin,2003-08-16 A basic-level guide to Pilates yoga is designed for practitioners at any fitness level and requires only a mat, chair, and towel or blanket, and guides readers through a series of linked moves that promote strength, toning, flexibility, balance, posture, and overall well-being. Reprint. 50,000 first printing.

Anatomy of Fitness Pilates Isabel Eisen,2012-08-01 Pilates is a rewarding and invigorating exercise program that can increase overall fitness, build core strength and improve performance. Anatomy of Fitness: Pilates features a complete DVD yoga program and 64-page book that will show you how to improve your physical stability, strength, and flexibility while keeping your body and mind aligned.

15 Minute Home Workout Alycea Ungaro,Joan Pagano,Suzanne Martin,Louise Grime,2010 Whether you want to focus on body-sculpting with Pilates, fire up your muscles with strength-training exercises, get a stronger back, sculpt beach-ready abs, or relax and revive with yoga, Home Workout has an exercise program to suit every goal and mood. Featuring four complete routines from each of these books in the 15 Minute series-Everyday Pilates, Gentle Yoga, Better Back, Total Body Workout, and Abs Workouts, Home Workout offers the home exerciser fantastic choice, expert guidance, and great results!

15 Minute Home Workout ,2010 If you want to workout at home effectively but don't have the time, find out how by following this home workout book and DVD set. Forget gyms, expensive kit, and hours of punishing fitness regimes; choose from a range of 15-minute Pilates, Yoga and Abs

Workouts, Back Exercises and Strength-Training programmes and get your body tip top in no time.

Pilates on the Ball Colleen Craig, 2001-09 Fitness expert Craig presents a unique and exciting synthesis of two highly acclaimed fitness techniques: Pilates Method and the Swiss exercise ball. 200 photos.

The Core Strength Workout Karon Karter, 2005-01-01 With *The Core Strength Workout* as your guide, you will target the critical torso muscles that make the difference between fit and fabulous. You'll walk taller, sleeker and leaner within weeks! No matter what your current level of fitness, you'll find easy and effective routines that work for you. Inside these beautiful full-colour pages, celebrated fitness instructor and author Karon Karter shows you how to flatten your tummy with yoga and Pilates moves; strengthen your back and improve your posture; use the exercise ball to tighten your torso; progress from beginner to intermediate to advanced routines; and work your abs in only ten minutes. Tap into the fitness trend of the decade with *The Core Strength Workout*. You and your torso will be glad you did!

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